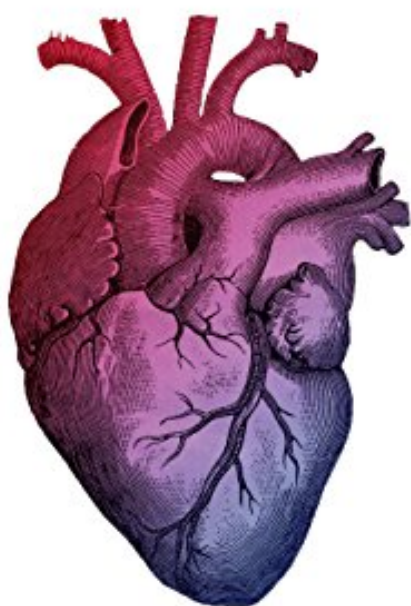


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# Beyond Training: Mastering Endurance, Health Life (English Edition)

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MASTERING ENDURANCE,  
HEALTH, & LIFE

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**Par Ben Greenfield : Beyond Training: Mastering Endurance, Health Life (English Edition)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Beyond Training: Mastering Endurance, Health Life (English Edition):

## Description :

Prsentation de l'diteurAmerica's top personal trainer, holistic nutritionist and health expert, Ben Greenfield, shows you how to overcome common health-related training issues while optimizing your workouts so you can look, feel, and perform like a champion.You have amazing physical goals. You want the best body you can get. You want to look, feel, and perform like a champion. So you beat yourself up with tough training, day after day, week after week, month after month. As a result, youre held back by frustrating issues like brain fog, broken gut, hormone depletion, heart problems, and destroyed joints--limited to living at a fraction of your peak capacity and powerless to tap into your full potential and achieve your dreams.But it's possible

to be healthy on the outside and on the inside. This book gives you every training, nutrition, and lifestyle solution you need to do it, including:-The 2 best ways to build endurance fast without destroying your body-Underground training tactics for maximizing workout efficiency-The best biohacks for enhancing mental performance and instantly entering the zone-How to know with laserlike accuracy whether your body has truly recovered-26 ways to quickly recover from workouts, injuries and overtraining-The 25 most important blood and saliva biomarkers and how to test them-5 essential elements of training that most athletes neglect-7 stress-fighting weapons to make your mind-body connection bulletproof-Proven systems to enhance sleep, eliminate insomnia, and conquer jetlag-40 high-calorie, nutrient-dense meals that wont destroy your metabolism-Tools for customizing your carbs, proteins and fats for your unique body and goals-9 ways to fix a broken gut, create toxin-free life, and detox your body-A complete system to safeguard your immune system and stomach-Potent time-efficiency tips for balancing training, work, travel, and familyWhether you're an extreme exercise enthusiast or just looking to shed a few pounds, this is the last book on training, endurance, health, and life you will ever need.Revue de presse"This book takes practical, real-world, time-in-the-trenches thinking to a whole other level. Its not often I come across a training manual that teaches you how to eliminate chronic pain, balance your hormones, detox your body, maximize fat-burning efficiency, and even hack your brain waves. This truly is the last book youll ever need in order to master endurance, health, and life." (-Chris Macca McCormack, Ironman World Champion)Prsentation de l'diteurAmerica's top personal trainer, holistic nutritionist and health expert, Ben Greenfield, shows you how to overcome common health-related training issues while optimizing your workouts so you can look, feel, and perform like a champion.You have amazing physical goals. You want the best body you can get. You want to look, feel, and perform like a champion. So you beat yourself up with tough training, day after day, week after week, month after month. As a result, youre held back by frustrating issues like brain fog, broken gut, hormone depletion, heart problems, and destroyed joints--limited to living at a fraction of your peak capacity and powerless to tap into your full potential and achieve your dreams.But it's possible to be healthy on the outside and on the inside. This book gives you every training, nutrition, and lifestyle solution you need to do it, including:-The 2 best ways to build endurance fast without destroying your body-Underground training tactics for maximizing workout efficiency-The best biohacks for enhancing mental performance and instantly entering the zone-How to know with laserlike accuracy whether your body has truly recovered-26 ways to quickly recover from workouts, injuries and overtraining-The 25 most important blood and saliva biomarkers and how to test them-5 essential elements of training that most athletes neglect-7 stress-fighting weapons to make your mind-body connection bulletproof-Proven systems to enhance sleep, eliminate insomnia, and conquer jetlag-40 high-calorie, nutrient-dense meals that wont destroy your metabolism-Tools for customizing your carbs, proteins and fats for your unique body and goals-9 ways to fix a broken gut, create toxin-free life, and detox your body-A complete system to safeguard your immune system and stomach-Potent time-efficiency tips for balancing training, work, travel, and familyWhether you're an extreme exercise enthusiast or just looking to shed a few pounds, this is the last book on training, endurance, health, and life you will ever need.