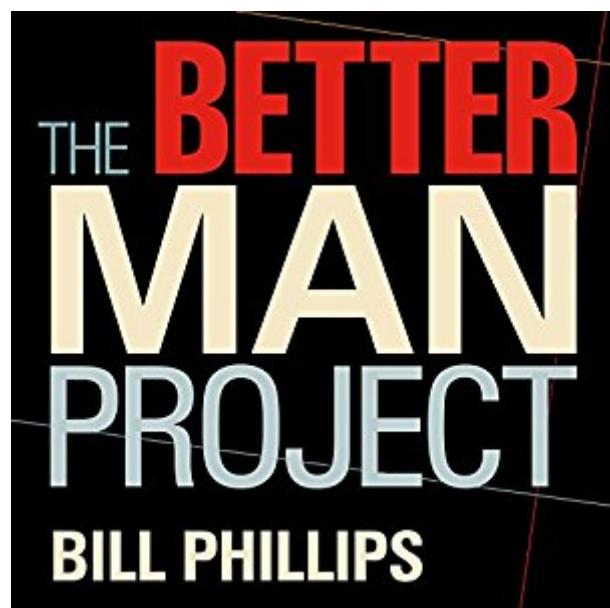


The book was found

The Better Man Project: 2,476 Tips And Techniques That Will Flatten Your Belly, Sharpen Your Mind, And Keep You Healthy And Happy For Life!



Synopsis

No more procrastinating! It's time to finally take control of your health - to ensure a fit, strong, and healthy body from now until you're blowing out 100-plus candles on your birthday cake. The Better Man Project is your personal handbook for winning life's ultimate prize: good health forever. How strong are you compared to the average guy? Find out with a comprehensive self-test. Is your belly too big? This eight-step program will flatten it. Does your diet need an overhaul? The "fast five" in chapter four is the easiest way to start eating healthier. Whether you want to get back in shape or improve your health, athletic performance, or sex appeal, The Better Man Project offers thousands of useful tips plus dozens of amazing self-improvement projects that'll make you the man you were destined to be. Here's a look at what you'll gain: Lower blood pressure Rock-hard "six-pack" abs More and better sex And a much longer, much healthier life

Book Information

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Customer Reviews

As advertised, this is a large collection of helpful and useful facts intended to proactively improve the overall well being of modern males. There are many facets, some new, others not so new, which contain varying degrees of usefulness. Maybe it's just me, but I suspect more than a normal amount of vanity will be required for the average dude to purchase this book. I bought it for the potential health benefits, but was underwhelmed. I already read most of the health tips described in the book - which are commonly known and widely disseminated (basically lotsa exercise & a good diet ... right?). Some of the other aspects of the book "self-esteem" as an example, have more originality

and include useful material. The read is occasionally humorous, but I personally believe its greatest value for most men will be to serve as a reference book for the average Joe who buys it.

A book that addresses all the key topics of manhood, health, wealth, sex, intimacy, well being, exercise, grooming and fashion. A great gift for anyone who could use some adult male advice, at any age. The thing that makes this tome both huge and a great bargain is that it is mainly reprints from Men's Health Magazine. I believe most men will appreciate the practical tone of the writing and the sage advice for not only dealing with workplace politics, pals, girlfriends, wives, bosses, kids, but actually optimizing those relationships. Approach with an open mind, and you should think like a better man by the end.

A great book that's been very helpful so far. While they overwhelm you with "according to a study from Croatia, eating [something you've never heard of and don't know where to buy] 8 times a day can lead to a 33% reduction in gout" but the book is good for anyone wanting to improve health and build a better man.

This book has a lot of good tips for better health and fitness. Some of it you already know if you read Mens Health or Mens Fitness magazines.. They seem to reuse a lot of the same interviews and articles.

Many things were basic although the book did go into some specific details regarding diet and exercise. If you are a regular subscriber to Men's Health magazine these tips might just be repetitive.

There are good tips through-out this book. Some of it presents redundancy from articles online. Overall it's still a solid book, and quick read filled with information we all probably know, yet tend to ignore or not think about. Its topics are good reminders backed by some statistical evidence to substantiate its points.

GREAT book with brilliant, easy to follow ideas, tips and suggestions to improve my health and my life. There's a lot to read but I skip around many times to find things I want to know more about and I enjoy learning and implementing changes that will hopefully keep me around for a long time!

Don't take me wrong, the things this book says are simple facts that will improve your life but the book itself feels like they just took several issues of the magazine and duck tape them

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