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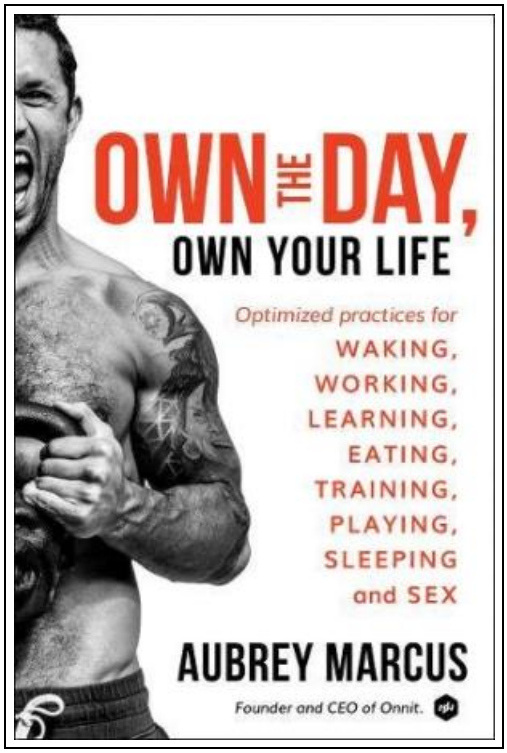

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Reviews

Excellent eBook and valuable one. It normally will not price too much. Your daily life span is going to be change once you comprehensive reading this ebook.
(Ezra Bergstrom)

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HarperCollins Publishers Inc, United States, 2018. Hardback. Condition: New. Language: English . Brand New Book. The founder and CEO of Onnit, the mega lifestyle brand and one of the fastest growing companies in the country, teaches us how one single day of positive choices leads to a lifetime of concrete strategies for better living, optimal performance, and a stronger mind, body, and spirit.Human optimization thought leader Aubrey Marcus s personal and professional mission rests on a single question: How can we get the most out of our body and mind on a daily basis? Marcus answers that question in Own the Day, Own Your Life an empowering handbook that guides readers to optimize every moment of the day, from waking in the morning, through work and play, until bedtime each night. With small, actionable changes implemented throughout the course of one day, we can feel better, perform more efficiently, and live happier. And these daily habits turn into weekly routines, ultimately becoming part of lifelong healthy choices.From workouts and diet to inbox triage, mindfulness, shower temperature, and sex, this ground-breaking manual provides simple strategies for each element of your day. Drawing from the latest studies and traditional practices from around the world, Own the Day, Own Your Life delivers an optimization philosophy, including cutting-edge life-hacking tips, nutritional expertise, brain upgrades, and fitness regiments.Own the Day, Own Your Life is a must-have choose-your-own-adventure guide for the everyman and everywoman-packed with pragmatic and effective strategies that empower you to enjoy your life, take charge of your health, and own the day.

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