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Beyond Training: Mastering Endurance, Health, & Life

BEYOND TRAINING



MASTERING ENDURANCE, HEALTH & LIFE
BEN GREENFIELD



Synopsis

Discover little-known nutrition and lifestyle tactics with *Beyond Training!* What problems does *Beyond Training* solve? Ironically, many people who appear to be fit and healthy on the outside struggle with health and lifestyle issues like insomnia, gas, bloating, low libido, aging too fast, injuries, performance plateaus, brain fog, and a basic lack of time for their career, family, and friends. So, this book supplies a step-by-step guide to eliminating all these issues and helping you get the most out of life while still achieving amazing feats of physical performance. Who is *Beyond Training* for? *Beyond Training* is for men and women who have made it out of couch potato mode and are ready to take things to the next level, whether that means shedding those last few extra pounds, finishing a 5K, or even crossing the finish line of an Ironman triathlon. Everyone from the casual exerciser to the weightlifter, CrossFitter, obstacle racer, marathoner, mountaineer, triathlete, swimmer, cyclist, runner, and biohacker will glean tons of knowledge and life-changing advice from this book. What will *Beyond Training* do for you? *Beyond Training* educates and entertains with underground training, nutrition, and lifestyle tactics that mean no guesswork, less confusion about what to eat, and elimination of workout frustrations so you can have more time and make more money, experience fewer frustrating health issues, have complete confidence that you are training the right way, and rid yourself of notorious body trouble spots, nagging injuries, and stubborn body fat.

Book Information

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Customer Reviews

As an author of books on women's health, I often have to inform women that exercise has ruined

their health, or at least has the potential to. So many people do exercise improperly or excessively that it scares me. Down time is important. Recovery is important. Re-fueling is important. And if you want to be the healthiest and the baddest of athletes, then serious science is important, too. Research. Help. Planning. Fortunately, Ben Greenfield has done all of this for us. I recommend almost no fitness books to my female audience. But this one is SO FULL of attentive detail to just about every exercise and health related hack I cannot help but recommend it. I even recommend it to people who are not athletes because it contains such a plethora of information on how the human body works. Take, for example, problems with adrenal fatigue and mineral imbalances. Ben addresses insomnia in the book (of course) and two of the problems he addresses that cause insomnia are mineral imbalances and overtraining or stress. This is always the first section of books I flip to because I know these issues like the back of my hand. Ben nails the symptoms of the problems -- heart racing, pulse beating in your ears and throat, tired and wired feeling at night and during the day -- of adrenal and mineral related insomnia. I come across few health gurus who know the adrenal system so well, and for that I have nothing but profound gratitude for Ben and his work. As well as just about a million other facts in the book and a million other attributes of it -- great clarity, profound research, insights and thoughtfulness from Ben.

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