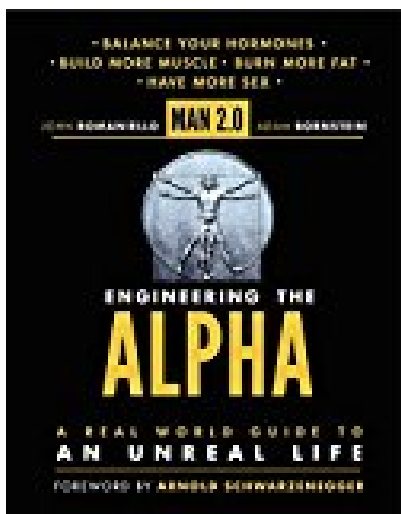


Man 2.0 Engineering the Alpha A Real World Guide to an Unreal Life Build More Muscle. Burn More Fat. Have More Sex



BOOK DETAILS

- Author : John Romaniello
- Pages : 288 Pages
- Publisher : HarperOne
- Language : English
- ISBN : 006222087X

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BOOK SYNOPSIS

What would you say if you knew there was ONE solution to every man's most vexing problems? - Bigger muscles? Easy. - Less fat? Check. - More intelligence? No problem. - Eating pizza, burgers, drinking beer and being strong, fit and lean? Of course. - A wild sex life? Yes, there's a drugs-free fix for that too! The solution is in this book. Written by health pioneers and advisors to key influencers, including Tim Ferriss and Gary Vaynerchuk, Man 2.0 presents a unique 4-week diet and fitness plan to make you look and feel like the man you want to be. Clear and simple, the author's game-changing plan is the culmination of 10 years of work and research into the science of natural hormone optimisation. It involves a combination of intermittent fasting, carbs and calorie cycling, macronutrient manipulation, a targeted fitness regime (no more endless exercising) and a weekly overeating day. Within the first week you will feel better in terms of brain functioning, energy and sex drive; within two you will start to notice fat loss; and by the end of four weeks you can expect to have lost on average 8-11lbs (3-5kg) of fat and gained about 1-3lbs (0.5-1.5kg) of muscle. Man 2.0 is not just about getting quick results: it presents a whole new way of life. It offers a cutting-edge look at the future of health and the key to how every man can become the person he wants to be.

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