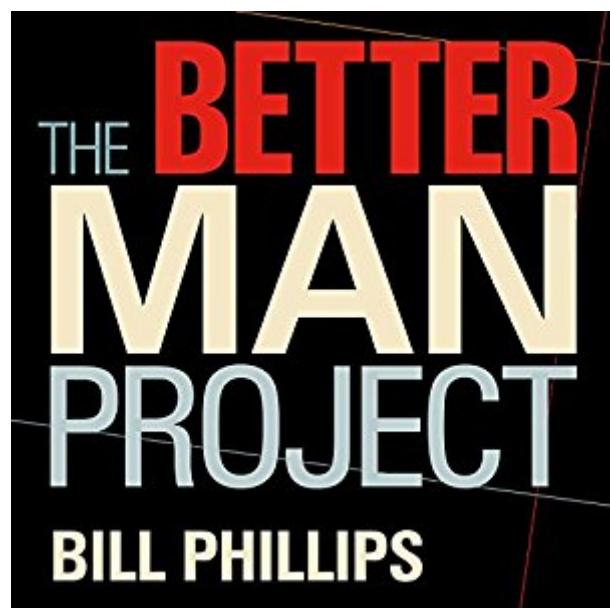


The book was found

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

Audible Audio Edition

Listening Length: 12 hours and 51 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Tantor Audio

Audible.com Release Date: August 28, 2015

Whispersync for Voice: Ready

Language: English

ASIN: B013V9Z0TW

Best Sellers Rank: #49 in Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #113 in Books > Audible Audiobooks > Health, Mind & Body > Health #120 in Books > Health, Fitness & Dieting > Men's Health > General

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

[Download to continue reading...](#)

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! Project Management: Secrets Successful Project Managers Know And What You Can Learn From Them: A Beginner's Guide To Project Management With Tips On Learning ... Project Management Body of Knowledge) The Belly Book: A Nine-Month Journal for You and Your Growing Belly (Potter Style) Manage Your Day-to-Day: Build Your Routine, Find Your Focus, and Sharpen Your Creative Mind Manage Your Day-to-Day: Build Your Routine, Find Your Focus, and Sharpen Your Creative Mind (The 99U Book Series) Pot Belly Pigs. Pot Belly Pigs Complete Owners Guide. Pot Bellied Pigs care, health, temperament, training, senses, costs, feeding and activities. Wheat Belly: Wheat Belly Slow Cooker: 30 Delicious Grain-Free Slow Cooker Recipes for Beginners Wheat Belly: Top Slow Cooker Recipes: 230+ Grain & Gluten-Free Slow Cooker Recipes for Rapid Weight Loss with The Revolutionary Wheat Belly Diet (The Wheat-Free Cookbook) Project Management Using Microsoft Project 2013: A Training and Reference Guide for Project Managers Using Standard, Professional, Server, Web Application and Project Online Project Management: 26 Game-Changing Project Management Tools (Project Management, PMP, Project Management Body of Knowledge) Agile Project Management: Box Set - Agile Project Management QuickStart Guide & Agile Project Management Mastery (Agile Project Management, Agile Software Development, Agile Development, Scrum) Agile Project Management: An Inclusive Walkthrough of Agile Project Management (Agile Project Management, Agile Software Developement, Scrum, Project Management) Zero Belly Crock Pot: 25 Slow Cooker Recipes That Will Keep You Satisfied And Slim Happy, Happy, Happy: My Life and Legacy as the Duck Commander Better Homes and Gardens Baking: More than 350 Recipes Plus Tips and Techniques (Better Homes and Gardens Cooking) Eat Better, Live Better, Feel Better: Alkalize Your Life...One Delicious Recipe at a Time Low Carb Dump Meals: 25 Easy, Delicious and Healthy Dump Dinner Recipes You Won't Believe Are Actually Low Carb!: (low carbohydrate, high protein, low ... Ketogenic Diet to Overcome Belly Fat) Small Time Operator: How to Start Your Own Business, Keep Your Books, Pay Your Taxes, and Stay Out of Trouble (Small Time Operator: How to Start Your ... Keep Yourbooks, Pay Your Taxes, & Stay Ou) Whole Health for Happy Cats: A Guide to Keeping Your Cat Naturally Healthy, Happy, and Well-Fed (Quarry Book) Think Better, Live Better: A Victorious Life Begins in Your Mind

[Dmca](#)