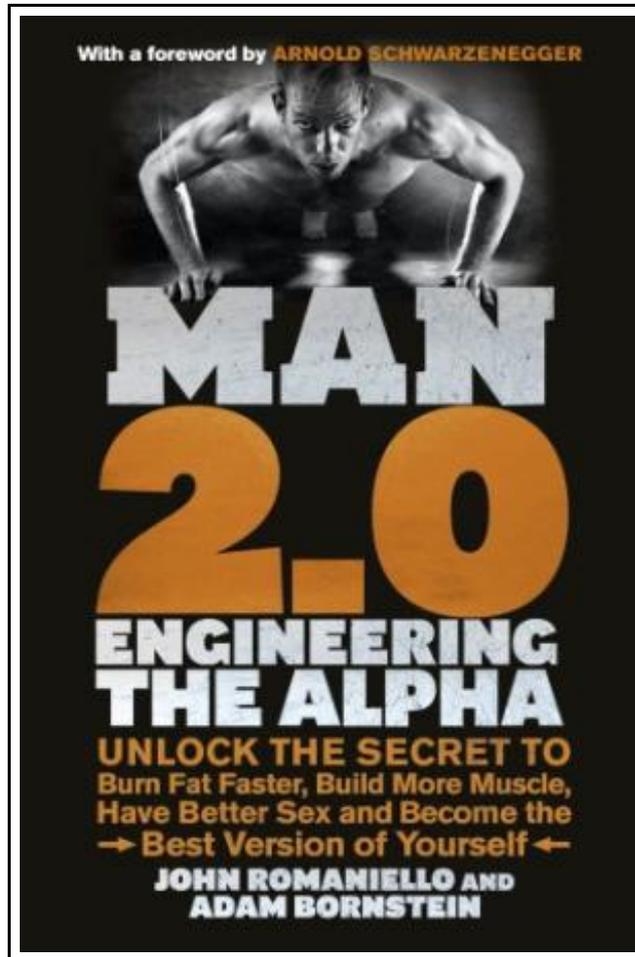


Man 2.0: Engineering the Alpha: Unlock the Secret to Burn Fat Faster, Build More Muscle, Have Better Sex and Become the Best Version of Yourself



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Reviews

*This book is great. I have go through and so i am confident that i will going to read through once again again in the future. I am just easily can get a satisfaction of looking at a written book.
(Miss Vernie Schimmel)*

MAN 2.0: ENGINEERING THE ALPHA: UNLOCK THE SECRET TO BURN FAT FASTER, BUILD MORE MUSCLE, HAVE BETTER SEX AND BECOME THE BEST VERSION OF YOURSELF



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Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Man 2.0: Engineering the Alpha: Unlock the Secret to Burn Fat Faster, Build More Muscle, Have Better Sex and Become the Best Version of Yourself, John Romaniello, Adam Bornstein, Arnold Schwarzenegger, 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 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 authors' 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 an average of 8-11lbs (3-5kg) of fat and gained about 1-3lbs (-1 kg) 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 (and the people he loves) wants to be.

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