



The Bulletproof Diet (Hardback)

By Dave Asprey

Rodale Press Inc., United States, 2014. Hardback. Book Condition: New. 231 x 155 mm. Language: English . Brand New Book. When his excess fat started causing brain fog and food cravings sapped his energy and willpower, Asprey turned to the same hacking techniques that made his fortune to hack his own biology, investing more than \$300,000 and 15 years to uncover what was hindering his energy, performance, appearance, and happiness. From private brain EEG facilities to remote monasteries in Tibet, through radioactive brain scans, blood chemistry work, nervous system testing and more, he explored traditional and alternative technologies to reach his physical and mental prime. The result? The Bulletproof Diet, an anti-inflammatory program for hunger-free, rapid weight loss and peak performance. The Bulletproof Diet will change what you think you know about weight loss and wellness. You will skip breakfast, stop counting calories, eat a high-fat diet, work out and sleep less, and handle stress with ease. By ditching traditional diet thinking, Asprey has maintained a 100-pound weight loss, increased his IQ, and reached a level of health that seemed unattainable. His 40s are truly better than his 20s, and The Bulletproof Diet brings his best hacks to the masses.



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-- Prof. Edgar Kshlerin

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-- Emmitt Harber

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