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WAS REALLY INTERMITTENT EATING?

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Conrad Riker

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The Cataclysmic Countdown Conrad Riker, Your D N A is a 3 billion year unbroken chain will you be the weak link Do you know which 5 modern comforts are silently castrating your survival instincts Can you lead when food chains collapse algorithms enslave minds and drones hunt dissenters What will your son inherit a fortress of discipline or a graveyard of decadence 1 Unmask the 2040 A I kill switch hidden in your smartphone 2 Why Venezuela s fuel bartering fathers outlived Ivy League economists 3 The Sparta Silicon Valley overlap breeding warriors in a sterile world 4 Lithium mines microplastics and the real reason your sperm count is crashing 5 TikTok s 47 second attention span vs the 10 000 hour mastery rule 6 How diesel engines and gold coins will outlive crypto and C B D C s 7 Pentagon data proves why atheist nations dissolve within 3 generations 8 Elon s Mars colonies vs Bezos orbital slums whose vision demands your rifle If you want to hack Darwin s algorithm and become the apex predator of collapse buy this book today before its lessons become contraband *Holy Yesterday Mythical Tomorrow* Ricky Firman, 2025-02-01 From fiery sacrifices to viral memes the divine narrative of humanity has been anything but dull *Holy Yesterday Mythical Tomorrow How Religions Become Myth* is a bold darkly comedic exploration of the lifecycle of faith and a thought provoking follow up to Ricky Firman s acclaimed book *Holy Olympics Religions War for Relevance and Dominance* While *Holy Olympics* tackled the competitive struggle of religions to assert their dominance in a modern world this sequel shifts focus to the inevitable transformation of those same faiths into mythology In this latest work Ricky examines how gods are born from humanity s fears ignorance and creativity only to be retired to the realms of myth when time progress and logic outpace their relevance This book dissects the rise and fall of deities across civilizations from the grandeur of Zeus s thunderbolts to the eerie rituals of Mesoamerican gods and speculates how the gods worshipped today might fare in the distant future With biting wit and incisive commentary Ricky connects the sacred to the satirical revealing the absurdity of divine politics the commodification of faith and the endless human quest for meaning As humanity marches forward with science and technology as its new priests *Holy Yesterday Mythical Tomorrow* ponders the cosmic irony of how ancient beliefs persist in the age of information The book culminates in a speculative hilarious vision of what the gods of tomorrow might look like in a world ruled by AI aliens and billionaire messiahs Whether you re a skeptic a believer or something in between this book will provoke entertain and challenge your view of religion and its inevitable transformation into myth Because in the end the sacred and the absurd have always been partners in humanity s eternal cosmic joke **Taoism** Conrad Riker, 101-01-01 The System That Outmaneuvered Empires Now Weaponized for Modern Men Watched your authority erode in a culture that rewards mediocrity Tired of hustle strategies that burn you out while rivals coast Feel your primal edge dulling as screens and soy drain your vitality Activate a 2 000 year old lazy tactic Fortune 500 C E O s exploit daily Turn bedroom energy into unbroken focus and raw physical dominance Force competitors to self destruct while you profit from their mistakes Rewire your mind to crave chaos while lesser men beg for safe spaces Shield

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