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[Bulletproof: The Cookbook](#) Dave Asprey,2015-12-01 In The Bulletproof Diet Dave Asprey turned conventional diet wisdom on its head outlining the plan responsible for his 100 pound

weight loss which he came to by biohacking his body and optimizing every aspect of his health Asprey urges you to skip breakfast stop counting calories eat high levels of healthy saturated fat work out less sleep better and add smart supplements In doing so he promises you ll gain energy build lean muscle and watch the pounds melt off just as he and so many of his devoted followers already have Bulletproof The Cookbook picks up where the diet plan leaves off arming you with 125 recipes to stay bulletproof for life and never get bored Famous for his butter laden Bulletproof Coffee Asprey packs the book with the other delicious filling meals he uses to maintain his weight loss and sustain his vibrant health

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Keyboard, 2004 *Insomnia: 84 Sleep Hacks to Fall Asleep Fast, Sleep Better and Have Sweet Dreams Without Sleeping Pills* Peter Cook, 2017-03-08 Insomnia Sleep Hacks to Fall Asleep Fast Sleep Better and Have Sweet Dreams Without Sleeping Pills Download Today Includes 84 Sleep Hacks To Go To Sleep More Easily Conquer Insomnia Symptoms and Develop Healthy Sleep Habits Sleep is weird don't you think For about one third of every day you lie down with your eyes closed while your system shuts down Yet without sufficient sleep we wouldn't be able to perform remember anything or even feel healthy All the beauty in the world around us insofar as it is created by mankind could not exist Sleep really is the cornerstone of life Unfortunately many people are sleep deprived They can't get enough deep sleep Or no sleep at all Sleeping disorders like insomnia and sleep apnea and also a disorder like chronic fatigue syndrome can have a detrimental impact on the quality of your life I have good news for you though You can take back control of your life This book is jam-packed with 84 practical Sleep Hacks that will help you to fall asleep fast and sleep

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