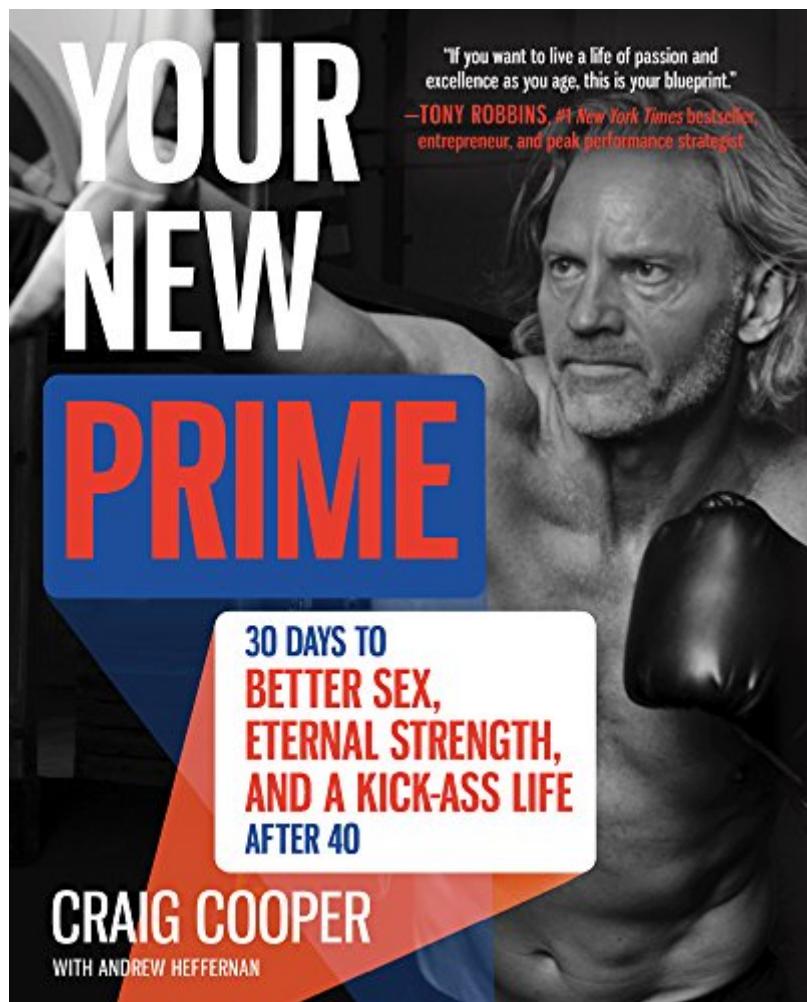


The book was found

Your New Prime: 30 Days To Better Sex, Eternal Strength, And A Kick Ass Life After 40



Synopsis

Feel great and perform at your best in the boardroom, weight room, bedroom, and beyond with this indispensable health and wellness guide: Your New Prime debunks current thinking about menâ™s health and shows how every man can continue to operate at his peak at any age. Getting older may be inevitable, but inÂ Your New Prime, serial entrepreneur and menâ™s health expert Craig Cooper shows men that they donâ™t have to accept the âœnaturalâ• aging process.Â Based on the latest scientific research and Cooperâ™s personal experience warding off diabetes, preventing cancer, and naturally increasing his own testosterone, Your New PrimeÂ is a comprehensive guide to the questions every man has as he ages. Tailored specifically for the âœNew Primers,â• men forty years old and up, the book covers a wide range of vital topicsâ"from improving sexual health and the impact of decreasing testosterone to proper nutrition, preventing memory loss, surviving the âœmid-life crisis,â• and achieving peak physical fitness. Your New Prime provides an indispensable 30-day program designed to help you lose weight, boost energy, and transform eating habits. Divided into easy-to-navigate sections,Â the bookÂ also contains essential information about how to influence âœepigeneticâ• traits and reverse the effects of aging, while quizzes, audits, charts, tables, and callouts help readers determine and address their specific personal needs. Practical, honest, and vitally informative,Â Your New PrimeÂ details a lifelong strategy for maximum healthâ"and will help any man perform his best, no matter what his age.

Book Information

File Size: 2920 KB

Print Length: 309 pages

Page Numbers Source ISBN: 0062353241

Publisher: Harper Wave (September 15, 2015)

Publication Date: September 15, 2015

Sold by:Â HarperCollins Publishers

Language: English

ASIN: B00RLU2910

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #264,746 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #27
in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Men's Health > Sexual Health & Impotence #43 in Books > Health, Fitness & Dieting > Men's Health > Sexual Health & Impotence #208 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Men's Health > General

Customer Reviews

You're a man of a certain age. And you have come to grips with the fact that your chance of being a Men's Fitness cover model has come and gone. Oh well. And you realize that what you need now is simply a plan to be healthier--longer, tailored for this stage of your life. Sadly, it just isn't out there. For young guys, there's plenty of advice; right now Tim Ferriss' 4 Hour Body is very popular, but it's not tailored for the body over 40. There's also tons of info targeting mature men, those guys who are a little too happy doing random things in all the prescription drug commercials on TV. But you, Mr. Fighting-it-every-step-of-the-way, it seems you are on your own. So you collect ideas from all over "from friends, who sound very sure of themselves; from the random on-line article that flicks by; occasionally from your doctor; and if you're really concerned, heaven forbid, from WebMD. But you know you need a better roadmap. A Waze, that can redirect you and help you get where you want to go faster. Your New Prime is it. I came across Craig's blog and I always thought the information and advice was well sourced and easy to swallow (except for that part that says I should be eating sardines. I can't swallow that.). So I pre-ordered and just finished reading straight through it. This book is not like any other source I've seen. Your New Prime is great because every aspect of your life as an over 40 male is covered. It's holistic--diet, sleep, exercise, relationships--it's all in there and it's backed up by the latest science. The plan is easy to understand and it reads like Craig is just sitting across the table, talking to you about it and encouraging you. This is like having a buddy you trust "who is also a health researcher.

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