



Beyond Training: Mastering Endurance, Health & Life

By Ben Greenfield

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Whether you're an extreme exercise enthusiast or you're just looking to shed a few pounds, this is the last book on training, endurance, health, and life you will ever need.

In this book you will learn:

The 2 best ways to build fitness fast without destroying your body

Underground training tactics for maximizing workout efficiency

The best biohacks for enhancing mental performance and entering the zone

How to know with laserlike accuracy whether your body has truly recovered

26 ways to recover quickly from workouts, injuries, and overtraining

The 25 most important blood and saliva biomarkers and how to test them

5 essential elements of training that most athletes neglect

7 stress-fighting weapons to make your mind-body connection bulletproof

Proven systems to enhance sleep, eliminate insomnia, and conquer jet lag

40 high-calorie, nutrient-dense meals that won't destroy your metabolism

Easy tools for customizing your carbs, proteins, and fats for your unique body

9 ways to fix a broken gut, detox your body, and create a toxin-free life

A complete system to safeguard your immune system and stomach

Simple time-efficiency tips for balancing training, work, travel, and family

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Editorial Review

Review

"This book takes practical, real-world, time-in-the-trenches thinking to a whole other level. It's not often I come across a training manual that teaches you how to eliminate chronic pain, balance your hormones, detox your body, maximize fat-burning efficiency, and even hack your brain waves. This truly is the last book you'll ever need in order to master endurance, health, and life." (-Chris "Macca" McCormack, Ironman World Champion)

About the Author

Ben Greenfield is a coach, author, speaker, ex-bodybuilder, and Ironman triathlete. His science-based approach to discovering a potent balance between health and performance has revolutionized the way thousands of athletes and exercise enthusiasts around the world live, train, and eat. Ben now works with athletes, CEOs, and soccer moms alike, helping them achieve amazing feats of physical endurance without destroying their bodies in the process.

In 2008, the National Strength and Conditioning Association voted Ben America's top personal trainer. He holds a master's degree in exercise physiology and biomechanics from University of Idaho, and is a certified sports nutritionist (C-ISSN) and a certified strength and conditioning coach (CSCS). He has more than a decade of experience teaching professional, collegiate, and recreational athletes from all sports how to be healthy on the inside and on the outside -- and coaches people of all ages and backgrounds on performance, fat loss, nutrition, lifestyle management, and wellness.

In addition to being the head coach and nutritionist for Pacific Elite Fitness and the Rock Star Triathlete Academy, Ben is a consultant for WellnessFX, the host of the Get-Fit Guy and Ben Greenfield Fitness podcasts on iTunes, the author of more than a dozen programs and books for optimizing health and performance, and the owner of EndurancePlanet.com, the world's top endurance sports entertainment website. He also trains and mentors physicians, personal trainers, and physical therapists from around the globe via his mastermind Superhuman Coach Network at SuperhumanCoach.com.

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