



The Strength Code (Paperback)

By Eric Falstrault

Katana Publishing, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. It's pretty safe to say that most of us want to live as healthy and successful a life as possible. So maybe we take the stairs instead of the elevator. We burn the midnight oil to finish that business proposal. We try to stop eating junk. And most of the time, this gets us nowhere and with more junk. In *The Strength Code*, Eric Falstrault teaches us, in his no-frills, no-punches-pulled approach, how to identify the root of a bad habit and find a solution that will flip it into a positive, so we can lead the stronger and healthier life we've always wanted. It takes more than stairs to condition our bodies. Working late stimulates the mind and when it's ready to wind down not only does our work suffer but so does our sleep. And taking control of our health requires much more than giving up donuts, so we shouldn't bother, unless we're ready for a complete overhaul of everything we're used to feeding ourselves. For example, one of the code's lessons is...

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