

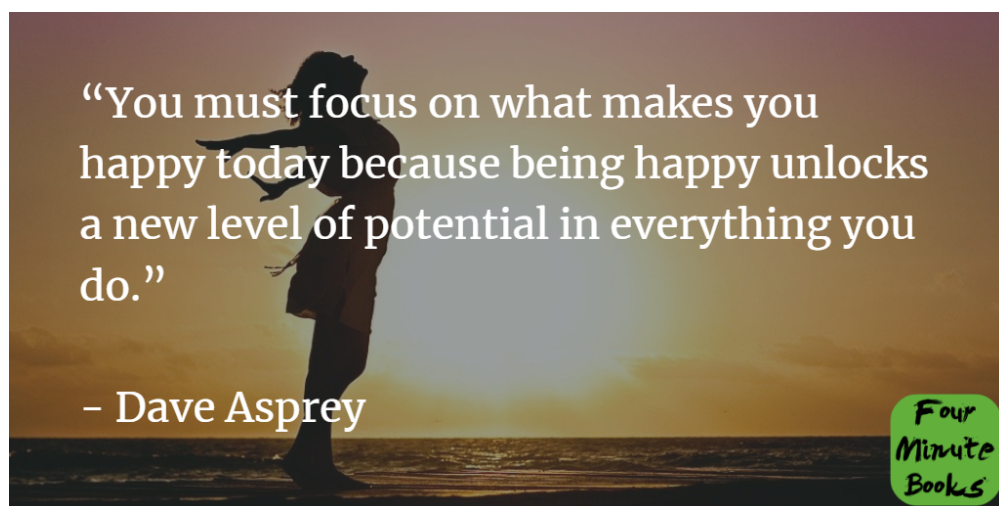
Game Changers Summary

 fourminutebooks.com/game-changers-summary/

1-Sentence-Summary: *Game Changers* reveals the secrets that some of the most impactful people in the world use to hack their biology and win at life, and will teach you how to achieve your goals and be happy.

Read in: 4 minutes

Favorite quote from the author:



Dave Asprey coined the term *biohacking*, which means manipulating our ancient biology to better serve our modern goals. To learn how to do that he sought advice from experts by interviewing almost 500 highly effective individuals in his Bulletproof Radio podcast.

Our brain is a prehistoric operating system designed with only one goal: keep us alive to propagate the species. It focuses on 3 basic things that Asprey calls the 3 Fs: fear, feed, and f... reproduction. Thus we don't like taking risks, have the impulse to eat anything in sight, and spend a lot of energy on sex.

In *Game Changers*, *What Leaders, Innovators, and Mavericks do to Win at Life*, Asprey explains all the ways he found to update our brains and get them to work for our purpose, instead of just obeying to the 3 Fs.

Here are 3 tricks to rewire your mind and body:

1. To work smarter, ask yourself who you want to be in twenty years.
2. To get faster, raise your energy by taking care of your wellbeing.
3. Be happy now no matter what happens and you'll be more likely to get rich.

Would you like to become smarter, faster and happier? Tap into the wisdom Dave Asprey drew from top performers and his own lifetime research!

Lesson 1: Decide who you want to become and use time and language accordingly.

Imagine one day of your life in twenty years. What will you be doing? What impact will you have on the world? Who will you be with?

Prioritize your tasks according to this vision. Delete the items on your current to-do list that are not aligned with your goals. And don't do things you hate just to demonstrate that you can.

You know many famous CEOs wear similar clothes every day. By developing routines, they are able to decrease the number of daily choices and avoid decision fatigue.

You can apply the same principle to other things, like food. If you choose a group of dishes and then schedule your meals by cycling through them, you'll save energy and probably have healthier food. Do you remember what happened last time you bought food while hungry?

Keep your brain energy for what can have an impact in building the person you want to be and raise it by using the right words!

Unlike clothes, words must be chosen carefully. Instead, we often set boundaries to ourselves through language. When we use limiting words such as can't or try we tell our subconscious mind that failure is an option. But to perform at their full potential, your brain and body need to know they must succeed.

Lesson 2: Wellbeing is essential for you to be fast at doing what you care for.

Arianna Huffington, the founder of the Huffington Post, built her company working more than 120 hours a week. But one day, she passed out while working, hit the desk and broke her cheekbone.

Since her collapse, Arianna has slept 7-9 hours per night and found each day the time for walks, yoga, and meditation. And now she feels more productive and creative than ever! She even wrote *Thrive*, a book where she promotes a culture of wellbeing and denies the assumption we have to burn out in order to succeed.

Good sleep, nutritious food, and proper exercise will empower you, making it easier to achieve your goals.

We spend so much time sitting that we don't know anymore how to move, thus risking to hurt ourselves when we work out. Thus the author suggests you start a functional movement practice with a coach before getting into an actual exercise practice.

We really are what we eat, since our energy and mood depend to a great extent on our gut bacteria. Treat them well and they will serve you.

This is Asprey's advice to start feeding your own health: eat like your grandmother. She belonged to the last generation that didn't have access to industrial food, so her meals were based on whole, unrefined ingredients. And she always wanted you to finish your vegetables and eat some protein.

Lesson 3: Being rich won't make you happy, but being happy might make you rich.

Among the hundreds of top performers Dave Asprey has interviewed, nobody considers money as a source of joy. Although many of them are millionaires, they see money as a side effect of taking control of their minds and pursuing their passions.

While people are more likely to be happy when their basic needs are met, increasing their income further won't increase their happiness. So if you want to be happy, stop chasing money and decide to be happy right now.

Abandon conditional happiness, which depends on external circumstances, for sustainable happiness, which depends on you. Cultivate your inner peace, by focusing on gratefulness for what you already have.

You can train yourself to be happy by following daily routines like journaling and meditating. Happiness makes it far easier to change your circumstances and even the whole world. Thus when you practice it, more good will come into your life.

The easiest way to start is by keeping a gratitude journal. Find every day 3 things you are grateful for and write them down. You'll feel immediately and increasingly better.

Then consider meditating. Today there's plenty of guided meditations on Youtube and smartphone apps. It's easier than you may think and very effective at decreasing stress.

Meditation can take you out of the fight-or-flight state, in which your response to external inputs is often a mere reflection, powered by the primitive parts of your brain. It gives you the time to think before reacting. If you practice it, you'll be able to find more things to be thankful for and fewer things to regret.

Game Changers Review

Game Changers is a never-ending source of information on personal growth and wellbeing! It gives advice on anything that can enhance your control over your brain and body and lead you to the most fulfilling life. Also, it provides lots of listening and reading suggestions and practical tips to start improving yourself immediately.

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Who would I recommend the Game Changers summary to?

The 18-year-old who is deciding what to do with is life, the 33-year-old who is struggling with low energy and fatigue, and anyone who wants to improve themselves.