



Engineering the Alpha: A Real World Guide to an Unreal Life: Build More Muscle. Burn More Fat. Have More Sex

By John Romaniello, Adam Bornstein

HarperOne, United States, 2014. Paperback. Book Condition: New. 232 x 186 mm. Language: English . Brand New Book. Every man has the potential for a great body, insane sex, and an unreal life. (Seriously.) Want to lose body fat? That s easy-- you can drop twenty pounds in six weeks. Want bigger muscles? Done. A fifty-pound increase to your bench press, coming right up. Want to be smarter? Not a problem--the strategies in this book have been proven to improve brain function. Want an awesome sex life? Yeah, there s a fix for that, too--increased libido and improved performance are just weeks away.You were born to be a real man. Strong. Confident. Powerful. Fitness experts John Romaniello and Adam Bornstein have developed a system that targets hormone optimization. Combined with their comprehensive nutrition program and innovative strength training plan, it will transform you into the Alpha you were always meant to be.



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