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> BEYOND TRAINING



MASTERING ENDURANCE HEALTH & LIFE

BEN GREEDAN METALIELD



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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