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Stronger, Faster, Smarter

A Guide to Your Most Powerful Body

Ryan Ferguson

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Jerry Lynch, Warren A. Scott



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Finding the Truth in the Courtroom Henry Otgaar, Mark L. Howe, 2018 Finding the Truth in the Courtroom combines the science behind deception and memory and their relation in court Testimonies are oftentimes the most important piece of evidence in legal cases Hence this book shows how such testimonies can be riddled with deception and or memory errors how to detect them and what you can against them

The Powerfood Nutrition Plan Susan Kleiner, Jeff O'Connell, 2006-05-30 Geared specifically to men s nutritional needs this comprehensive guide will show you how choosing the right foods can enhance every aspect of your life With chapters on everything from food s effect on mood sex and brainpower to the role food plays in weight loss muscle gain and athletic performance you ll have all the information you ll need to see remarkable results within weeks Always on the cutting edge nutritionist Susan Kleiner uses the latest nutritional research to provide innovative recipes and meal plans to ensure maximum results The Powerfood Nutrition Plan includes Vital tips for using food to increase longevity and improve physical appearance More than 20 detailed meal plans designed to address a variety of fitness and nutrition goals Quick easy and delicious recipes to keep you going The Powerfood Nutrition Plan is the guidebook to help you break out of your routine and become more powerful in every area of your life So pick up that fork It s time to get started on the body and life you ve always wanted

Rewire Your Brain for Better Sleep and Recovery: How to Rest Smarter and Perform at a Higher Level Silas

Mary, 2025-02-11 Sleep isn t just about rest it s the foundation of peak performance This book uncovers the science of sleep optimization showing you how to improve sleep quality boost energy levels and enhance mental clarity Learn how to reset your circadian rhythm eliminate sleep disruptions and wake up feeling refreshed every day By improving your sleep habits you ll increase focus accelerate recovery and unlock greater productivity Whether you re a high achiever athlete or professional looking to perform at your best this book provides the blueprint for achieving deep restorative sleep and long term success

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