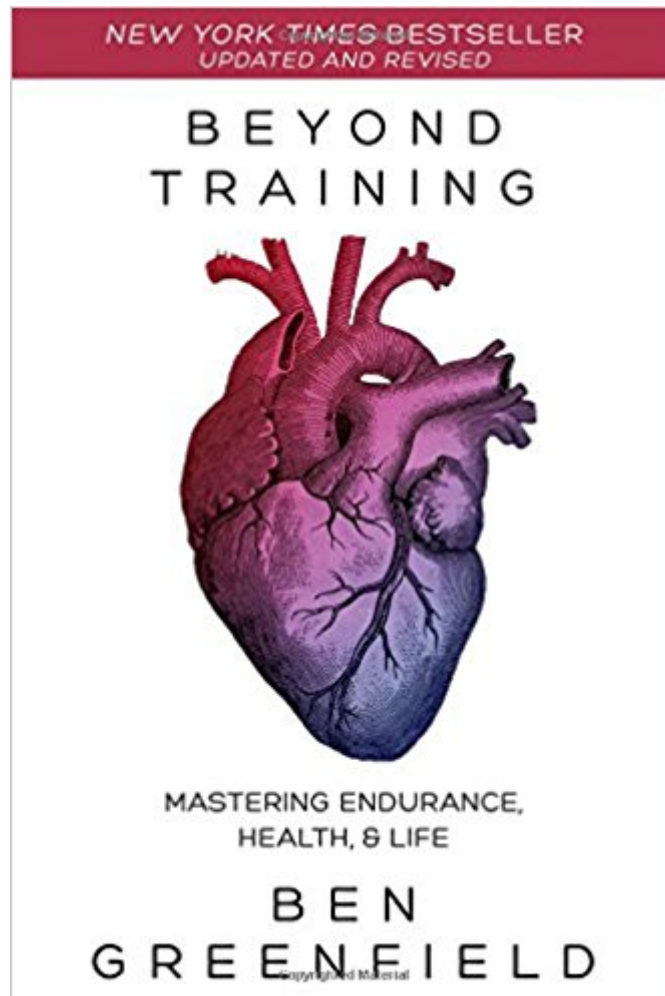




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# Beyond Training: Mastering Endurance, Health & Life



## Synopsis

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

## Book Information

Hardcover: 480 pages

Publisher: Victory Belt Publishing (April 15, 2014)

Language: English

ISBN-10: 1628600128

ISBN-13: 978-1628600124

Product Dimensions: 6 x 1.6 x 9 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 392 customer reviews

Best Sellers Rank: #65,952 in Books (See Top 100 in Books) #11 in Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons #20 in Books > Sports & Outdoors > Individual Sports > Triathlon #133 in Books > Sports & Outdoors > Coaching > Training & Conditioning

## Customer Reviews

"This book takes practical, real-world, time-in-the-trenches thinking to a whole other level.

It's not often I come across a training manual that teaches you how to eliminate chronic pain, balance your hormones, detox your body, maximize fat-burning efficiency, and even hack your brain waves. This truly is the last book you'll ever need in order to master endurance, health, and life." (-Chris Macca McCormack, Ironman World Champion)

Ben Greenfield is a coach, author, speaker, ex-bodybuilder, and Ironman triathlete. His science-based approach to discovering a potent balance between health and performance has revolutionized the way thousands of athletes and exercise enthusiasts around the world live, train, and eat. Ben now works with athletes, CEOs, and soccer moms alike, helping them achieve amazing feats of physical endurance without destroying their bodies in the process. In 2008, the National Strength and Conditioning Association voted Ben America's top personal trainer. He holds a master's degree in exercise physiology and biomechanics from University of Idaho, and is a certified sports nutritionist (C-ISSN) and a certified strength and conditioning coach (CSCS). He has more than a decade of experience teaching professional, collegiate, and recreational athletes from all sports how to be healthy on the inside and on the outside -- and coaches people of all ages and backgrounds on performance, fat loss, nutrition, lifestyle management, and wellness. In addition to being the head coach and nutritionist for Pacific Elite Fitness and the Rock Star Triathlete Academy, Ben is a consultant for WellnessFX, the host of the Get-Fit Guy and Æ Ben Greenfield Fitness podcasts on iTunes, the author of more than a dozen programs and books for optimizing health and performance, and the owner of EndurancePlanet.com, the world's top endurance sports entertainment website. He also trains and mentors physicians, personal trainers, and physical therapists from around the globe via his mastermind Superhuman Coach Network at SuperhumanCoach.com.

I enjoyed the 1st section about how overtraining is literally killing professional and semiprofessional endurance athletes: type A personalities who try to balance 20+ hour weekly workouts with family and career and destroy everything in the process...yes, been there, done that...have many friends who are still doing it...I also enjoyed the info about creating more efficient, smarter workouts-this section was actually a breath of fresh air.Unfortunately, much of the rest of the book is simply bewildering and overwhelming. There' no question about Greenfield's passion about this subject. But even if you read through it (as I did) with the attitude that "I believe you Ben...everything you have to say...just tell me what I have to do"..ignoring the pages and pages of medical and scientific data, much of the advice is about the use of supplements and pharmaceuticals, expensive medical procedures, and the purchase of expensive/questionable exercise and health devices; as well as lots of "crazy uncle" advice: ground yourself to the earth's frequency when you sleep, wear magnetic bracelets, replace your shaving cream with \$20/7 oz. tube of brown sticky paste to avoid getting poisoned, etc...That being said, I waded through the book and found a few, valuable nuggets

of info that more than justify the purchase price. Use what works and discard the rest.

I concur with several others that some of the information in the book is great but mostly it is a lot of redirects and links to his websites for more information. The book should have either been much shorter to not even mention these topics for which you need to go elsewhere or it should have been much longer to include the information eluded to since I have already purchased a book in the first place. I also agree with others that it seems a little contradictory to mention all of the healthy whole foods talk and then still recommend loads of supplements.

This book is a real book, and in books we get depth, breadth, detail and a lot to think about. This is not a novel or a colorful magazine. The first chapter is in a 1st person 'story' format, the rest is written in a conversational style and leads us through an impressive list of ways to improve our fitness, recovery, nutrition, lifestyle and brain. I like using the index to find topics that interest me rather than plough through cover to cover. The book puts you in the middle of the science in a comfortably non-scary way. At least for me it does. Be prepared to learn a few new terms, which I enjoy. Knowledge is Power! (fist raised) In the end why I like this book because of two things: 1. it makes me say "I never knew that", and 2. the fact that I can implement many of the suggestions, hacks right into my life easily and often with little or no cost. So far I've changed a number of my own habits and choices because of this book. I would have liked larger print (it's my eyes and I hate glasses), more pictures and maybe a colorful fold out.. but that's the kid in me wanting to be entertained. You only need to get a hot cup of hacked coffee, grab a note pad/iPad, maybe some yellow stickies, and don't be afraid to mark up the book. I suspect this will be one of my more battered, stained and well worn books.

Best overall training and fitness book I've ever read. It is NOT for newbies, or even intermediate folks. It is for intermediate to advanced fitness people who really want to take it to a new level. I have only read about 60% of the book in the last two months because it takes me a while to process all of his advice. But well worth the time and effort to do so.

No matter what your chosen activity, sport, fitness level or knowledge, this is an incredible book for anyone interested in learning & bettering themselves mentally, and physically. Ben is a great author, the book is well organized, easy to follow & written in a language that the non-degree level fitness enthusiast will comprehend and make use of. Ben's aim with this book was to condense the complex

worlds of sports performance, nutrition, diet, lifestyle, etc into a powerhouse book that provides the essentials to give you a practical guide & resource to help boost your potential not only as a gym goer or athlete but as a human. Full of practical hands-on tips, plans, and advice, the book is definitely a full resource to help you understand and take your diet & performance to the next level. I also recommend Ben's podcast on iTunes, I have listened to it for a couple of years now, and it's my go-to spot for knowledge, insight & advice. My sporting performance (running, boxing), strength, injury prevention and overall health have all been taken to the next level with Ben's output, he's an inspiring guy armed with an insane amount of knowledge and talent to convey it in an accessible way. The book is a great addition to the podcast material. Great work Ben, keep it up. Put this book on your bookshelf!

This book is for every endurance athlete or regular person who wants to live a healthy life. Yeah, there is a lot of techno-geek stuff in the book, but that appealed to me (and will to any triathlete who would like an edge). I am not a big science person, but Ben explained everything so that even I could understand. Every endurance athlete would like a way to go longer and/or faster with less stress on their body and by incorporating some of the tips Ben offers, athletes will recover quicker and maybe shave some time off their next event. Look, not everybody is going to do EVERYTHING talked about in the book, but if you read the book and just pick out a couple of "tweaks" that mesh with your life, it will make an improvement. I particularly appreciated Ben's information about DHEA and older women. Thanks!!!!

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