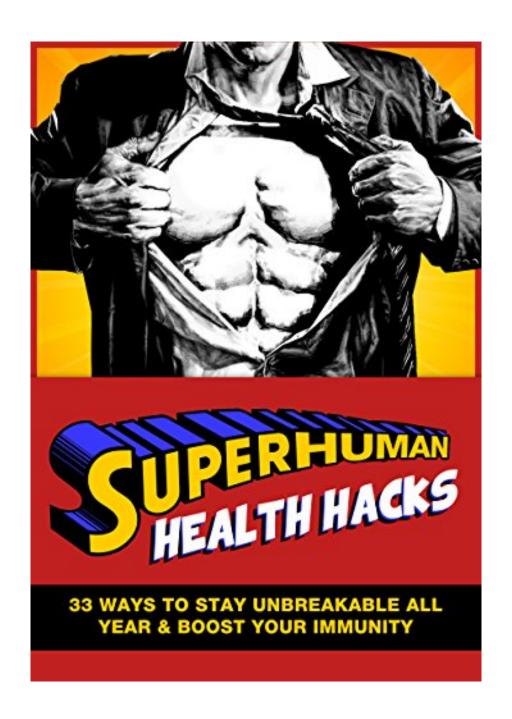


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Weak by the food we intake, the air we breathe, the habits we form, the rituals we agree to be a part of, and the lives we choose to live. When do you make a choice to change your habits? When your body gives up on you? Your body is the most precious asset you have in this life, and without it, there is no life. We can all be stronger, and better built. It is ultimately up to us to achieve this result through many different approaches. A Crocodile can have its legged chomped off, and literally never get infected. This comes from millions of years of evolution, but for you, you have 75-90 years to live the most impactful life possible, in the best health you can, and whether you're 20 or 50, it's never too late to make your body become SUPERHUMAN.

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- Lifestyle Shifts
- Fuel For Life
- How To Develop Disciplines
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- Your Mind's Control Over Your Body
- Simplifying

This book holds the key processes, techniques and methods to ensure you will live a long, healthy and fulfilling life. You can raise your level of immunity to that of superhuman status by implementing each level of practice into your daily life. In the end, you will not only feel better but do more as you begin hacking your way through your immune system to bring about the superhuman health you are after.

What You'll Know from "Superhuman Health Hacks"

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