

Body

The second half of the book focuses on three areas: Body, Mind, and Spirit. In the Body chapter, you'll find tools centered on physical health and well-being. We all understand the importance of eating right and exercising, but neither strategy is always easy, pleasant, or even effective. The collection of tools in this chapter discusses various options for properly taking care of your body, including sports, exercise, diet, and supplements. You'll also read hacks intended to cut through resistance or lethargy and make it easier to stick to a particular nutritional plan or eating regimen. As usual, this book won't prescribe a specific course of action, but will instead present various options from which you can pick and choose, tailored to your specific needs.