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Beyond Training: Mastering Endurance, Health & Life America's top personal trainer, holistic nutritionist and health expert Ben Greenfield shows you how to overcome common health-related training issues while optimizing your workouts so you can look, feel, and perform like a champion.

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culmination of nearly a decade of time

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Ben spent in the trenches helping people of all fitness levels burn body fat, achieve peak mental performance, and take the body to an entirely new level of performance and total human optimization.

## **Beyond Training - Mastering Endurance, Health & Life**

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Ironically, many people who appear to  
be fit and healthy on the outside  
struggle with health and lifestyle issues  
like insomnia, gas, bloating, low drive,  
aging too fast, injuries, performance  
plateaus, brain fog, and a basic lack of  
time for career, family, and ...

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## **Beyond Training - Mastering Endurance, Health & Life - Ben ...**

But the damage from endurance training can go beyond your heart. For example, in my job as a wellness consultant and triathlon coach , I spend lots of time looking at biomarkers of very physically active people, talking to endurance

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athletes on phone and Skype , and conversing with athletes from my teams, clubs and gyms, and typical frustrating problems I see or hear repeatedly include:

## **Beyond Training: Mastering Endurance, Health & Life**

Beyond Training educates and

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entertains with underground training, nutrition, and lifestyle tactics that mean no guesswork, less confusion about what to eat, and elimination of workout frustrations so you can have more time and make more money, experience fewer frustrating health issues, have complete confidence that you are training the right way, and rid yourself of

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notorious body trouble spots, nagging injuries, and stubborn body fat.

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Beyond Training “What Two 5 Year Old Boys Can Teach You About How to Track Calories And Log Your Diet The Right Way” - Links, Resources and Bonus

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Praise For Beyond Training: Mastering

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Endurance, Health & Life... "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.

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## **Beyond Training: Mastering Endurance, Health & Life ...**

Beyond Training : Mastering Endurance, Health & Life. by Ben Greenfield.

Overview -. 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,

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Health & Life Greenfield, Ben.

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bodybuilder, Ironman triathlete, professional Spartan athlete, anti-aging consultant, speaker and author of the New York Times Bestseller "Beyond Training: Mastering Endurance, Health and Life".

**Ben Greenfield & David Bouley "The Ultimate Anti-Aging ...**

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Exercise is generally great for health, but extreme forms of it may be bad for the heart in some cases, experts say. Recent evidence suggests training for and participating in extreme endurance ...

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