



The Bulletproof Diet: Lose up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life

By Dave Asprey

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In his midtwenties, Dave Asprey was a successful Silicon Valley multimillionaire. He also weighed 300 pounds, despite the fact that he was doing what doctors recommended: eating 1,800 calories a day and working out 90 minutes a day, six times a week.

When his excess fat started causing brain fog and food cravings sapped his energy and willpower, Asprey turned to the same hacking techniques that made his fortune to "hack" his own biology, investing more than \$300,000 and 15 years to uncover what was hindering his energy, performance, appearance, and happiness. From private brain EEG facilities to remote monasteries in Tibet, through radioactive brain scans, blood chemistry work, nervous system testing, and more, he explored traditional and alternative technologies to reach his physical and mental prime. The result? *The Bulletproof Diet*, an anti-inflammatory program for hunger-free, rapid weight loss and peak performance.

The Bulletproof Diet will challenge--and change--the way you think about weight loss and wellness. You will skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out and sleep less, and add smart supplements.

In doing so, you'll gain energy, build lean muscle, and watch the pounds melt off. By ditching traditional "diet" thinking, Asprey went from being overweight and sick in his twenties to maintaining a 100-pound weight loss, increasing his IQ, and feeling better than ever in his forties. *The Bulletproof Diet* is your blueprint to a better life.

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The Bulletproof Diet: Lose up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life By Dave Asprey Bibliography

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Editorial Review

Review

"Dave Asprey will make you question everything you thought you knew about nutrition and health. His revolutionary advice will truly make you a healthier, better-looking, smarter version of yourself - we can all be Bulletproof like Dave!" --MARK HYMAN, MD, author of the #1 *New York Times* bestseller *The Blood Sugar Solution*

"So cutting edge that you may draw blood, *The Bulletproof Diet* will teach you how to avoid the toxins, enjoy more butter, and have tremendous fun as you get lean." --SARA GOTTFRIED, MD, *New York Times* bestselling author of *The Hormone Cure*

"In the high stakes world of peak performance in both the boardroom and locker room, *The Bulletproof Diet* delivers on the promise of vibrant health, abundant energy, and heightened awareness to knock it out of the park. It should almost be considered an unfair advantage - that's how good it is!" --DR. JEFF 'CORNERMAN' SPENCER, creator of *The Champion's Blueprint* and 9-time Performance Coach for the Tour de France

"We all know how easy it is to gain weight and get out of shape. By applying the concepts in *The Bulletproof Diet*, losing weight and getting in shape will be just as easy.?Dave has done the research to understand the intricacies of how our diet went wrong, and then shows us a simple process to turn it all around.?Let Dave show you how a great body and amazing health are your birthright, not a pipe dream." --DOUG MCGUFF, MD, co-author of *Body By Science* and President of Ultimate Exercise, Inc.

"Dave Asprey is a biohacker extraordinaire - *The Bulletproof Diet* will make you rethink everything you know about food!" --STEVEN KOTLER, *New York Times* bestselling author of *Rise of Superman* and *Abundance* and director of research for the Flow Genome Project

"I've searched for years to find a way of eating that would help me on long tours with my band where I need to perform at a high energy level night after night on little sleep. Bulletproof is literally food for performance, and is going to help people lead healthier lives with more physical vitality and more mental clarity." --STEPHAN JENKINS, lead singer, songwriter, and guitarist for Third Eye Blind

"I need a lot of sustained energy and consistency for my work and Bulletproof always delivers. All the coffee I've tried gives you that crash...except Bulletproof. It has become a way of life for me." --JEREMY PIVEN, actor, producer, and star of *Mr. Selfridge* and *Entourage*

"Today we have the power to measure what works. Dave Asprey uses this new power in his quest to biohack the human body to improve how we think and how we feel. This capacity is groundbreaking and will lead to measurably improve human performance." --PETER H. DIAMANDIS, MD, CEO, XPRIZE Foundation, Executive Chairman, Singularity University, and author, *Abundance: The Future Is Better Than You Think*

"I thought I knew a lot about health and nutrition, but Dave Asprey introduced me to the real truth about modern food, and most importantly, the beauty of clean, powerful saturated fat." --BRANDON ROUTH, actor and star of *Superman Returns* and *Arrow*

"Learning to biohack your health is one of the smartest things you can ever do. Dave Asprey is the best person on the planet for showing you how. This fascinating and easy-to-read book will not only expose harmful?dietary?misinformation but provide simple and effective solutions so you can finally take control of your health and live life with gusto!" --PETER SAGE, International Serial Entrepreneur & Bestselling Author of *5 Keys to Master Your Life*

From the Back Cover

The Bulletproof Way of Life: More Butter, Less Exercise, Better Sleep, For the Body and Brain You Deserve.

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About the Author

Dave Asprey is a Silicon Valley investor, entrepreneur, and the man behind Bulletproof coffee. He is the founder and CEO of *The Bulletproof Executive*, which reaches more than 1.5 million unique monthly visitors. His top-ranked podcast has nearly 6 million downloads and is being nationally syndicated. He has been featured on the *Today* show, *Nightline*, *CNN*, and in *Financial Times*, *Rolling Stone*, *Men's Health*, *Vogue*, *Marie Claire*, *Slate*, *Forbes*, and more. He lives in Victoria, BC, and Seattle.

Users Review

From reader reviews:

Virginia Villalon:

This The Bulletproof Diet: Lose up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life are usually reliable for you who want to become a successful person, why. The explanation of this The Bulletproof Diet: Lose up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life can be on the list of great books you must have is giving you more than just simple looking at food but feed anyone with information that might be will shock your before knowledge. This book is definitely handy, you can bring it all over the place and whenever your conditions at e-book and printed ones. Beside that this The Bulletproof

Diet: Lose up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life giving you an enormous of experience for example rich vocabulary, giving you tryout of critical thinking that could it useful in your day task. So , let's have it and enjoy reading.

Mark Thomas:

Reading a book tends to be new life style within this era globalization. With reading you can get a lot of information which will give you benefit in your life. Having book everyone in this world could share their idea. Books can also inspire a lot of people. A lot of author can inspire their very own reader with their story as well as their experience. Not only situation that share in the publications. But also they write about the information about something that you need example. How to get the good score toefl, or how to teach your young ones, there are many kinds of book that you can get now. The authors these days always try to improve their talent in writing, they also doing some investigation before they write with their book. One of them is this The Bulletproof Diet: Lose up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life.

Danny Saleem:

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