



The Owners MANual To Living Your 40's at Full Strength: The 12 Essential Life Hacks

By Shawn Phillips

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Stress Less, Eat Better, Live Leaner, Love More, Simply BE Happier after 40... Live a Full Strength Life at any age. That is all. Your 40's, and beyond, can be challenging, scary times for men. As most are living an agreement they made with themselves two decades before. This book, and these 12 Simple Life Hacks are how you PUSH the Reboot button, clear the RAMM, and recharge for a strong, clear, inspired run at your best life... ever. It is my most sincere wish that your 40's be the best, most abundant, ecstatic and fulfilling decade of your life—and that this concentrated guide be the start of a new daring adventure that stretches you to the limits of your being, and well beyond.

While your 40's can be the most rewarding decade of your life, *it can just as easily be a siren; bringing you 10 grueling years that will make your soul ache for relief.* The choice is yours. Which will it be?

The 12 Most Essential Life Hacks are the very pearls of wisdom that I wish I had known at 40. Some are mistakes I have made, things I have overlooked, areas where I was ill-prepared. Others crafted from experience and reflection.

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Editorial Review

Review

"Looking for a few good reviews... coming soon." - Shawn

From the Author

This book was a blast to create and all about fun. Where, in the past, on my books, especially, *Strength for LIFE*, I've taken it all so very serious, and sought total perfection, *The Owners MANual to Your 40's* is more a conversation with a friend.

My friend, Dean, asked me, "What advice would you give your best friend about turning 40? How might you help him embrace his **Full Strength life at 40** and avoid some of the common challenges and stumbling blocks?"

While I of course bring in the physical, the aspect of energy and wellness, this work is much more integral of the whole. It's a guide to awakening, to seeing, to crafting a life that isn't just good today but getting better tomorrow, and every day.

Ultimately, it's a book you can read in a sitting and a series of small and large challenges that can shape the decade of your 40's and the rest of your life. Step into your 40's with energy, passion and fearless optimism for the shining light you will be.

About the Author

SHAWN PHILLIPS: "The Philosopher of Fit"

"Your body is strong and vital not because you train; rather you train to celebrate your strength and vitality," says The Philosopher of Fit, Shawn Phillips.

A deep thinker with a knack for making the complex simple, Shawn's rebelled against the terror of mediocrity since he was a child. Revered for his lean, balanced physique and **perfect six-pack abs**, Shawn has amassed a lifetime of experience as he enters his third decade as one of the most respected names in the health and fitness world.

Author of the best-selling books, *ABSolution* and *Strength for Life*, as well as thousands of articles on health, fitness, nutrition, mindset, motivation, and more, Shawn brings unique perspective and depth to the questions most fear to ask. Integrating body, mind and soul, Shawn's "**Zen of Strength**" practice features the techniques of Focus Intensity Training (**FIT**), which blends the intensity of martial arts, the mindfulness of yoga with the muscle of strength training.

Alongside his brother, Bill, Shawn was instrumental in the explosive success of **EAS** and the *Body-for-LIFE* movement. He pioneered the computerized strength system, *Powerbuilding*, launched an online supplement knowledge base, Nutros.com and is the founder of the "lifestyle nutrition" company, *Full Strength Nutrition*--which helps men live freer, clearer and stronger in the prime of life.

One of the most photographed physiques of a generation, best known for his symmetry and signature abs, Shawn is better known by family, friends and associates for his radical insight, inspiring vision, relentless

humor and a passion for helping people live great lives.

Users Review

From reader reviews:

Jesus Puga:

The actual book The Owners MANual To Living Your 40's at Full Strength: The 12 Essential Life Hacks has a lot of knowledge on it. So when you read this book you can get a lot of profit. The book was authored by the very famous author. The author makes some research ahead of write this book. That book very easy to read you can obtain the point easily after looking over this book.

Toby Terry:

Playing with family in the park, coming to see the marine world or hanging out with close friends is thing that usually you could have done when you have spare time, in that case why you don't try issue that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love The Owners MANual To Living Your 40's at Full Strength: The 12 Essential Life Hacks, you can enjoy both. It is very good combination right, you still want to miss it? What kind of hang type is it? Oh come on its mind hangout folks. What? Still don't have it, oh come on its referred to as reading friends.

Cory Marshall:

In this period globalization it is important to someone to obtain information. The information will make someone to understand the condition of the world. The condition of the world makes the information quicker to share. You can find a lot of personal references to get information example: internet, newspapers, book, and soon. You will see that now, a lot of publisher that will print many kinds of book. Often the book that recommended to you is The Owners MANual To Living Your 40's at Full Strength: The 12 Essential Life Hacks this publication consist a lot of the information in the condition of this world now. This kind of book was represented how can the world has grown up. The terminology styles that writer require to explain it is easy to understand. The particular writer made some research when he makes this book. That's why this book appropriate all of you.

Ernestine Worrell:

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