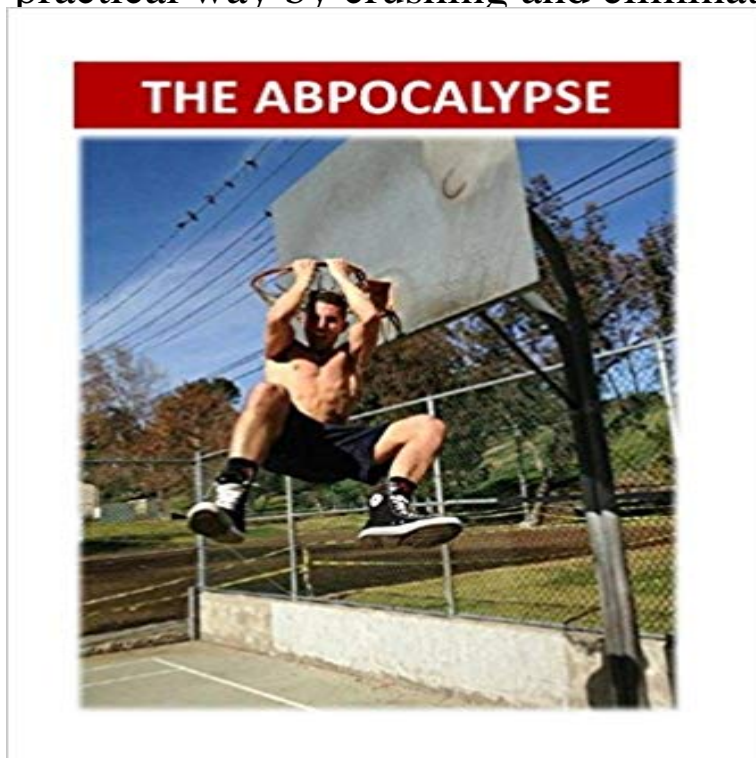


The ABpocalypse: Achieving your best body the most efficient and practical way by crushing and eliminating dogma, myth, and broscience



This book has all of the answers to your most frustrating fitness questions, for beginners to the most advanced! It will be the GPS to navigate you through your fitness journey, bringing you all the way to Absville and Fitness Successville. The newer and intermediate fitness reader, and even the veteran who is thirsty for a shot of new motivation, will enjoy the sections pertaining to goal setting and the winning mind set. From there, the book steamrolls through debunking widespread, commonly believed myths that are making your life a hassle, and into deciphering and simplifying the overly complicated puzzle that has been made of nutrition and exercise. All of the cold hard facts are delivered in a fun and descriptive manner, all the while being backed up by over 400 references to clinical studies that support every single premise and concept delivered. The book even goes as far as to explain exactly how to create your super flexible meal plan as well as your killer workout plan! The meal plan prescribed in this book is the most simple, effective, science based and practical one known to man. You will be able to make immediate changes to improve your life and fitness habits every section as you progress through this book, and on your fitness journey.

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