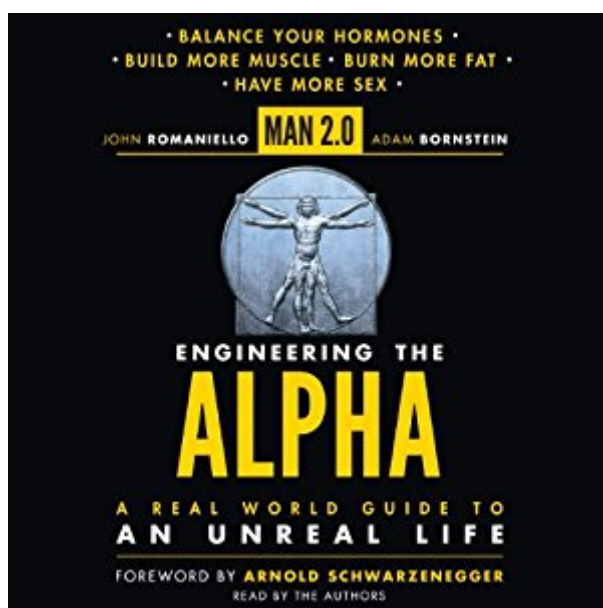


The book was found

Man 2.0 Engineering The Alpha: A Real World Guide To An Unreal Life: Build More Muscle. Burn More Fat. Have More Sex.



Synopsis

Are you a guy who's interested in building rock-hard muscle, erasing your belly fat, boosting your testosterone, and having more mind-blowing sex than you thought possible? If so, then Man 2.0: Engineering the Alpha was written specifically for you.... In his new book, celebrity trainer and Men's Health expert John 'Roman' Romaniello teams up with expert Adam Bornstein, former editor for both Men's Health and LIVESTRONG. Together, they reveal the secrets they've discovered that will give any man - no matter how old you are - a chiseled body that will turn heads everywhere you go. You know the kind of body I'm talking about. The kind of body that women seem to drool and stare at when they're at the beach with their girlfriends.... As a former "fat guy", Roman struggled for years to find a workout and diet that would give him the body he always wanted. By using the very secrets you'll find in this book - techniques he's spent 10 years perfecting - he overcame his "fat genes" and boasts a lean and ripped body - the kind that could be (and has been) seen on the cover of magazines. And the best part is - you don't have to kill yourself to get this body. Man 2.0: Engineering the Alpha will show you exactly how to get the body you've always wanted without starving yourself and without spending 2 hours in the gym every day. And for all of the guys out there wondering.... YES! Man 2.0: Engineering the Alpha will even work for guys in their 30s, 40s, and 50s.... Getting lean, ripped, and strong is not just for young guys! In Man 2.0: Engineering the Alpha, Romaniello and Adam Bornstein present proven, powerful ways for men to improve physical, emotional, sexual, and psychological health. From research in Olympic labs to real-life results with their clients, they are reinventing masculinity and showing every man how to become exactly who he wants to be.... If you're ready to build strong, defined muscles, burn away your belly fat, boost your testosterone, and start experiencing more mind-blowing sex than you ever thought was possible - then grab your copy of Man 2.0: Engineering the Alpha now....

Book Information

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Customer Reviews

While I may not use the meal plans or the workouts in this book continuously the mentality and mindset of an Alpha that is broken down in this book is very interesting. I would recommend this book to anyone wanting to be the best they can be, man or woman. That being said men will benefit more, as a fair amount of this book is dedicated to testosterone.

I liked this book tremendously. I think it is a valuable book and everyone, including females should read it. I am a female and I followed it with a little tweaking....and saw results. Great book.

This book is a fantastic gift idea, but buy one for yourself too! Truly life changing, and written in a way that speaks directly to men wherever they are in their lives. Expletive language is well-placed, but not overused.

Easy read, but very informative. John Romaniello and Adam Bornstein break down weight loss and fitness by hormones and it makes more sense than anything I have ever read about fitness. They lay out an entire plan (workouts, meals, etc) for you to burn fat and pack on muscle in phases, and break down the thought process behind each phase. This is a must read for any man and have turned a few of my friends on to this as well.

Really enjoyed this one from Romaniello and Bornstein. The information was presented in a very entertaining way, and the program just works. A few reviews complained about the salty language, but if you follow John Romaniello at all, that shouldn't come as any surprise. As the cover implies, this is a book for the man who wants to be more alpha, improve his hormones, and have more sex. The writing fits perfectly with that person. If you want a boring, scientific training manual, look elsewhere. However, if you want an entertaining read, and a nutrition and training program that will get you great results when followed properly, this is the book for you.

Full of very good info on hormone optimization. I didn't agree with the intermittent fasting part of the program, not for me,

This book has a wealth of new information that contradicts a lot of what the public thought they knew. It's all backed by legitimate research and is extremely well written and entertaining! It's a fantastic book, however there is a small portion of the book that is a little too scientifically dense. Overall, it's the best fitness book I've ever read and I've bought a few copies just to give to family and friends

Well, I pre-ordered this book and had high expectations due to the authors and their depth of knowledge. While I agree with some of the other reviews that the book started off great, it soon became apparent that if you keep up with the state of fitness today, there is really nothing new here. Although the use of the "f-bomb" doesn't offend me, I use it quite often myself, it got to be a lot redundant and detracted from the content. I don't feel the argument for skipping breakfast with intermittent fasting was well supported. All that being said, the workout program is solid and the diet might work well for some people. Overall, the book went where it criticized everyone else for being, pushing their supplements, ignoring everybody but them because they know it all, and not offering anything new.

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