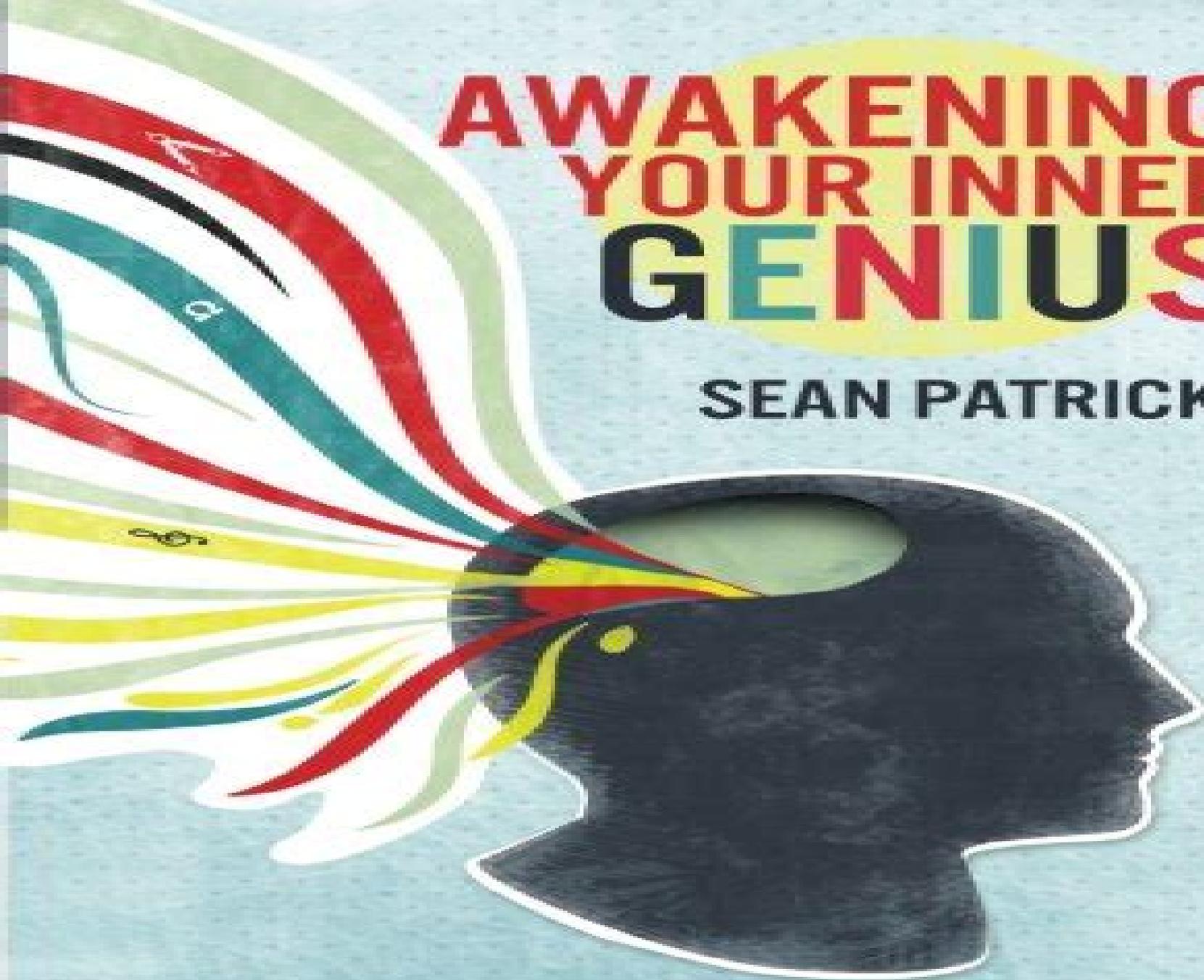


AWAKENING YOUR INNER GENIUS

SEAN PATRICK



Awakening Your Inner Genius Sean Patrick

David Baud



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Insights 1 The law of diminishing returns applies to the relationship between IQ and success When you compare two people of relatively high IQs you can no longer predict success by IQ alone The point is that you only have to be smart enough to fulfill the intellectual requirements for success 2 The world of sports is a great example of how people who are considered superhuman abilities have actually had little or no innate advantage over their peers They practiced so hard and intensely that it hurt 3 The 10 000 hour rule states that it takes around ten thousand hours of focused intentional practice to master a skill However there are millions of people who work incredibly hard yet have little success to show for it The opportunities presented to one are just as important to success as one s own innate talents 4 The path to greatness is not a genetic windfall or divine gift It is a path that we can all take and derive much benefit happiness fulfillment and success from

The No-BS Guide to Workout Supplements Michael Matthews,2013-07-07 If you want to know once and for all what is and isn t worth your money when it comes to workout supplements and the ridiculous tricks and ploys supplement companies use to convince you to waste your money on worthless junk then you want to read this book [12 Health & Fitness Mistakes You Don't Know You're Making](#) Michael Matthews,2012 If you ve ever felt lost in the sea of contradictory training and diet advice out there and you want to know the truth behind 12 of the most common and most harmful health fitness myths out there then you want to read this book Let me ask you a few questions Do you believe that your genetics are preventing you from making great gains in the gym Do you do certain exercises because they re supposed to shape your muscles Do you stretch before lifting weights to prevent injury or increase strength When doing cardio do you shoot for a target heart rate zone to burn the most fat possible If you answered yes to any of those questions you re in good company as most people do the same But here is the kicker There s NO science behind any of it Quite to the contrary however science actually disproves these things Thanks to the overwhelming amount of fitness pseudo science and lies being pushed on us every day by bogus magazines and self styled gurus its becoming harder and harder to know how to get in shape Well this book was written to debunk some of the most common and harmful myths in the health and fitness industry and teach you what you really have to do to get lean strong and healthy

Eat Green Get Lean Michael Matthews,2013-09-10 If you want to know how to build muscle and burn fat by eating delicious vegetarian and vegan meals that are easy to cook and easy on your wallet then you want to read this book Let me ask you a few questions Do you worry that building muscle or losing fat is too hard as a vegetarian or vegan Are you not sure of how to prepare food that is not only delicious and healthy but also effective in helping you build muscle and lose fat Are you afraid that cooking nutritious restaurant quality meals is too time consuming and expensive Do you think that following a vegetarian or vegan lifestyle means having to force down the same boring bland food every day If you answered yes to any of those questions don t worry you re not alone And this book is the answer With it you can cook fast healthy and tasty vegetarian and vegan meals every day and on a reasonable budget that will help you build muscle or lose weight regardless of your current skills In this book you re also going to learn how to eat right without having

to obsess over every calorie These 9 scientifically proven rules for eating are the foundation of every great physique and can be and they have nothing to do with following weird diets or depriving yourself of everything that tastes good And the recipes themselves In this book you ll find 100 healthy flavorful recipes specifically designed for vegetarians and vegans that want to build muscle or lose fat Regardless of your fitness goals this book has got you covered Here s a sneak peek of the recipes you ll find inside

- 20 fast delicious breakfast recipes 13 vegetarian and 7 vegan including Berry Cheesecake Muffins Red Pepper Goat Cheese Frittata Tempeh Hash PB J Oatmeal Tex Mex Tofu Breakfast Tacos Healthy French Toast and more
- 20 mouthwatering entrees 10 vegan and 10 vegetarian including Raw Almond Flaxseed Burgers Greek Pasta Salad Eggplant Parmesan Seven Layer Bean Pie Tofu Puttanesca High Protein Mac Cheese and more
- 20 savory side dishes 18 vegan and 2 vegetarian including Carrot Fries Cranberry Apricot Squash Quinoa Smoked Tofu Salad Sherry Asiago Cream Brussels Sprouts Three Bean Salad Greek Potatoes and more
- 20 awesome snack recipes 5 vegetarian and 15 vegan including Maple Pumpkin Protein Bars Protein Parfait Blueberry Banana Oat Cakes Chocolate Black Bean Energy Bars Baked Kale Chips No Bake Almond Protein Bars Homemade Applesauce and more
- 10 hearty healthy protein shake recipes 8 vegetarian and 2 vegan including Double Chocolate Protein Smoothie Pumpkin Delight Cherry Vanilla Protein Smoothie Blueberry Flax Smoothie and more
- 10 delectable desserts 6 vegetarian and 4 vegan including Banana Caramel Bread Pudding No Bake Vanilla Cake Protein Peach Surprise Blackberry Parfait and more

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[Muscle Myths](#) Michael Matthews,2012-03 If you ve ever felt lost in the sea of contradictory training and diet advice out there and you just want to know once and for all what works and what doesn t what s scientifically true and what s false when it comes to building muscle and getting ripped then you need to read this book Let me ask you a question Do any of the following claims sound familiar I have bad genetics I m a hardgainer You have to work your abs more to get a six pack When doing cardio you want your heart rate in the fat burning zone You have to do cardio for 20 minutes before your body starts burning fat Don t eat at night if you want to lose weight Steroids make you look great I m overweight because I have a slow metabolism You ve probably heard one or more of these statements before and the sad truth is lies like these have ruined many people s fitness ambitions There are many many more Thanks to the overwhelming amount of fitness pseudo science and lies being pushed on us every day by bogus magazines and self styled gurus it s becoming harder and harder to get in shape Muscle Myths was written to debunk the most commonplace and harmful gimmicks fads myths and misinformation in the health and fitness industry Here are just some of the things you ll learn in this book Why you don t have to cut carbohydrates carbs or fat or eat weird combinations of food to

lose weight The truth about supplements and why 99% of them are a complete waste of money and the few that are actually scientifically proven to work What it actually takes to tone up and it s not doing shaping exercises these don t exist or doing a million reps every workout Why women shouldn t be training differently than men if they want the lean toned and sexy type of body that they see in magazines TV shows and movies The scientific secrets of getting a six pack Forget 6 minute gimmicks doing endless crunches and hours of grueling cardio it s actually pretty easy when you know what you re doing Training and diet methods that will completely shatter any perceived genetic barriers that you think are holding you back from building a muscular lean physique that you love The proper way to stretch so you don t sap your strength and risk injury Most people do this wrong and suffer the consequences without even realizing it And much more With the information in this book you can save the money time and frustration of buying into misleading diet plans and products that promise unattainable results You can become your own personal trainer and start getting real results with your diet and exercise Scroll up and click the Buy button now to learn the no BS truth of how to look good and feel great without having to endure tortuously restrictive diets or long grueling exercise routines [Green & Lean](#) Michael Matthews,2014-03-12 If you want to know how to build muscle and burn fat by eating delicious vegetarian and vegan meals that are easy to cook and easy on your wallet then you want to read this book Do you worry that building muscle or losing fat is too hard as a vegetarian or vegan Are you not sure of how to prepare food that is not only delicious and healthy but also effective in helping you build muscle and lose fat Are you afraid that cooking nutritious restaurant quality meals is too time consuming and expensive Do you think that following a vegetarian or vegan lifestyle means having to force down the same boring bland food every day If you answered yes to any of those questions don t worry you re not alone And this book is the answer With it you can cook fast healthy and tasty vegetarian and vegan meals every day and on a reasonable budget that will help you build muscle or lose weight regardless of your current skills In this book you re going to learn how to eat right without having to obsess over every calorie These 9 scientifically proven rules for eating are the foundation of every great physique and can be and they have nothing to do with following weird diets or depriving yourself of everything that tastes good And the recipes themselves In this book you ll find 20 healthy flavorful recipes specifically designed for vegetarians and vegans that want to build muscle or lose fat Regardless of your fitness goals this book has got you covered Download this book now and learn how to cook nutritious delicious vegetarian and vegan meals that make building muscle and burning fat easy and enjoyable **Nikola Tesla** Sean Patrick,2013-03-18 If you want to learn about one of history s most fascinating minds and uncover some of his secrets of imagination secrets that enabled him to invent machines light years ahead of his time and literally bring light to the world then you want to read this book Imagination amplifies and colors every other element of genius and unlocks our potential for understanding and ability It s no coincidence that geniuses not only dare to dream of the impossible for their work but do the same for their lives They re audacious enough to think that they re not just ordinary players Few stories

better illustrate this better than the life of the father of the modern world a man of legendary imaginative power and wonder Nikola Tesla In this book you ll be taken on a whirlwind journey through Tesla s life and work and not only learn about the successes and mistakes of one of history s greatest inventors but also how to look at the world in a different more imaginative way Read this book now and learn lessons from Nikola Tesla on why imagination is so vital to awakening your inner genius and insights into the real secret to creativity as explained by people like Jobs Picasso Dali and Twain

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