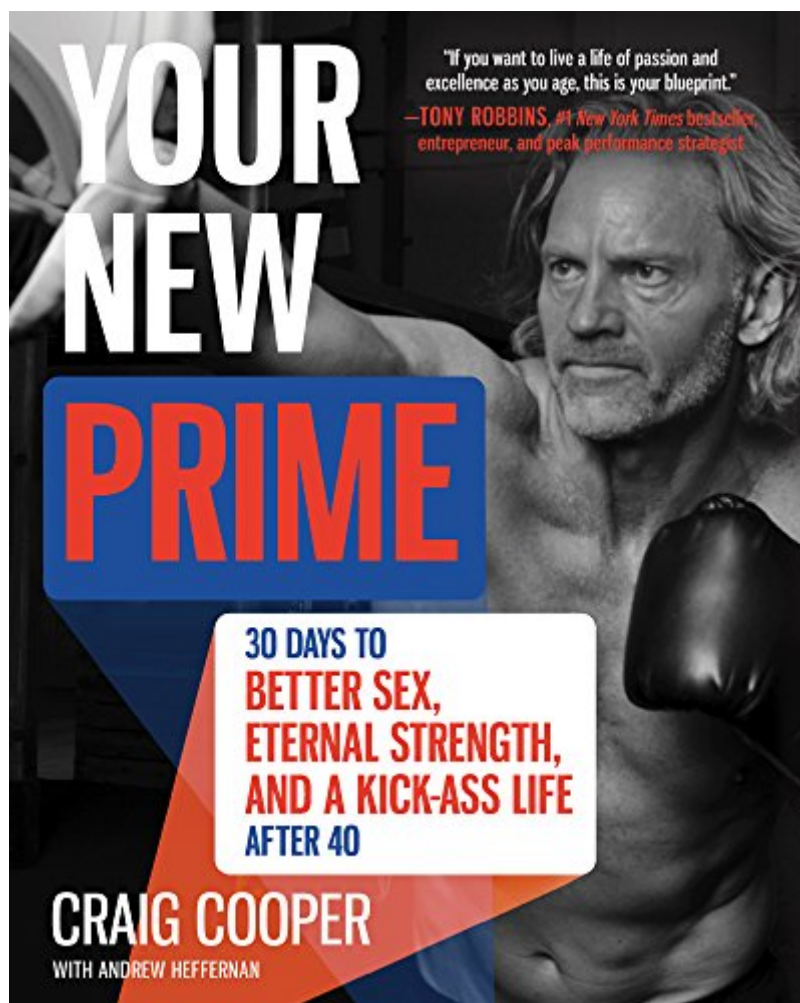


The book was found

# Your New Prime: 30 Days To Better Sex, Eternal Strength, And A Kick Ass Life After 40



## Synopsis

Feel great and perform at your best in the boardroom, weight room, bedroom, and beyond with this indispensable health and wellness guide: *Your New Prime* debunks current thinking about men's health and shows how every man can continue to operate at his peak at any age. Getting older may be inevitable, but in *Your New Prime*, serial entrepreneur and men's health expert Craig Cooper shows men that they don't have to accept the "natural" aging process. Based on the latest scientific research and Cooper's personal experience warding off diabetes, preventing cancer, and naturally increasing his own testosterone, *Your New Prime* is a comprehensive guide to the questions every man has as he ages. Tailored specifically for the "New Primers," men forty years old and up, the book covers a wide range of vital topics—from improving sexual health and the impact of decreasing testosterone to proper nutrition, preventing memory loss, surviving the "mid-life crisis," and achieving peak physical fitness. *Your New Prime* provides an indispensable 30-day program designed to help you lose weight, boost energy, and transform eating habits. Divided into easy-to-navigate sections, the book also contains essential information about how to influence "epigenetic" traits and reverse the effects of aging, while quizzes, audits, charts, tables, and callouts help readers determine and address their specific personal needs. Practical, honest, and vitally informative, *Your New Prime* details a lifelong strategy for maximum health and will help any man perform his best, no matter what his age.

## Book Information

File Size: 2920 KB

Print Length: 309 pages

Page Numbers Source ISBN: 0062353241

Publisher: Harper Wave (September 15, 2015)

Publication Date: September 15, 2015

Sold by: HarperCollins Publishers

Language: English

ASIN: B00RLU2910

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #264,746 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #27  
inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Men's Health >  
Sexual Health & Impotence #43 inÂ Books > Health, Fitness & Dieting > Men's Health > Sexual  
Health & Impotence #208 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal  
Health > Men's Health > General

## Customer Reviews

Youâ™re a man of a certain age. And you have come to grips with the fact that your chance of being a Menâ™s Fitness cover model has come and gone. Oh well. And you realize that what you need now is simply a plan to be healthier--longer, tailored for this stage of your life. Sadly, it just isnâ™t out there. For young guys, thereâ™s plenty of advice; right now Tim Ferrissâ™ 4 Hour Body is very popular, but itâ™s not tailored for the body over 40. Thereâ™s also tons of info targeting âœmatureâ• men, those guys who are a little too happy doing random things in all the prescription drug commercials on TV. But you, Mr. Fighting-it-every-step-of-the-way, it seems you are on your own. So you collect ideas from all overâ™from friends, who sound very sure of themselves; from the random on-line article that flicks by; occasionally from your doctor; and if you're really concerned, heaven forbid, from WebMD. But you know you need a better roadmap. A Waze, that can redirect you and help you get where you want to go faster. Your New Prime is it. I came across Craigâ™s blog and I always thought the information and advice was well sourced and easy to swallow (except for that part that says I should be eating sardines. I can't swallow that.). So I pre-ordered and just finished reading straight through it. This book is not like any other source Iâ™ve seen. Your New Prime is great because every aspect of your life as an over 40 male is covered. Itâ™s holistic--diet, sleep, exercise, relationships--it's all in there and it's backed up by the latest science. The plan is easy to understand and it reads like Craig is just sitting across the table, talking to you about it and encouraging you. This is like having a buddy you trustâ™who is also a health researcher.

[Download to continue reading...](#)

Your New Prime: 30 Days to Better Sex, Eternal Strength, and a Kick Ass Life After 40 Prime: Learn Everything You Need To Know About The Prime Membership - Get The Most Out Of Instant Video, Music, Prime Shipping And The Kindle ... Prime Books, Prime Membership) Lending Library For Prime Members: Prime Members (lending library, prime members, free ebooks, tv series kindle owners) Sex Positions: Sex: The Top 100 Sex Positions to try Before you Die (Sex Positions, Sex Guide, Kamasutra, Sex Books) "Kick Ass" Home Security! Veteran Police Officer Reveals Simple

Ways to Protect Yourself from Burglars, Thieves, and Other Scum-of-the-Earth! Skinny Bitch in the Kitch: Kick-Ass Solutions for Hungry Girls Who Want to Stop Cooking Crap (and Start Looking Hot!) Meat Is for Pussies: A How-To Guide for Dudes Who Want to Get Fit, Kick Ass, and Take Names iPad For Kids: 22 Kick-Ass Apps Parents Should Buy and Why! Sex: Sex Starved Marriage: 33 Demonstrated Sex Positions + 14 Best Tips On How To Last Longer, Make Her Scream And Be The Best Lover In Her Life (+FREE BONUS)(Sex and Marriage, Sex Positions Book) The Better Sex Workout for Men: Best Exercises For Better Sex Through Sex-Enhancing Workouts Sex: This Book Includes - Tantric Sex: A Beginners Guide For Couples Based On The Art Of Tantra, Sex Positions: 21 Illustrated Sex Positions To F\*ck Her Brains Out (Sex Techniques, Kama Sutra) Increase Libido at Any Age Naturally: The Ultimate Guide to An Increased Sex Drive & Improved Sex Life for Men & Women (Increase Sex Drive, Improve Sex Life) Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) BETTER SEX WITH YOGA: Exercises, poses and meditations for men, women and couples to improve sex life. (SEX IMPROVEMENT Book 1) Kindle Owners Lending Library: Get Free Books, Movies and TV Shows with your Kindle and Prime Membership (Kindle Owners Lending Library & Prime) Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Prime:What is Prime and Kindle Owners' Lending Library - How to Get the Most Out of It? Prime: What Is In It For Me? Learn How to get the most out of Prime DYING TO REALLY LIVE: Finally, an After Death Survivor returns from deeply into life after death (NDEs - Life After Death? Series Book 1) Chakra for Sex: Harnessing the Sexual Energy: Lessons, Poses and Exercises to Open up Your Sacred Chakra and Improve Your Sex Life: Sex Improvement, Book 2

[Dmca](#)