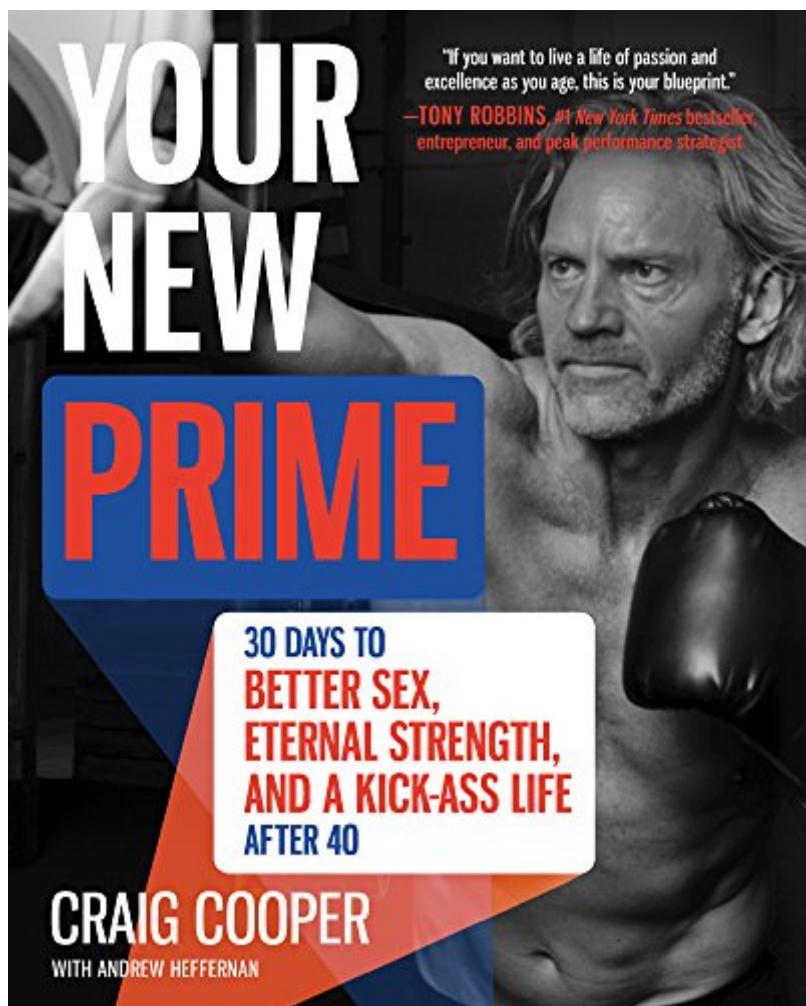


The book was found

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 menâ™s health and shows how every man can continue to operate at his peak at any age. Getting older may be inevitable, but inÂ Your New Prime, serial entrepreneur and menâ™s health expert Craig Cooper shows men that they donâ™t have to accept the âœnaturalâ• aging process.Â Based on the latest scientific research and Cooperâ™s personal experience warding off diabetes, preventing cancer, and naturally increasing his own testosterone, Your New PrimeÂ is a comprehensive guide to the questions every man has as he ages. Tailored specifically for the âœNew Primers,â• men forty years old and up, the book covers a wide range of vital topicsâ"from improving sexual health and the impact of decreasing testosterone to proper nutrition, preventing memory loss, surviving the âœmid-life crisis,â• 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,Â the bookÂ also contains essential information about how to influence âœepigeneticâ• 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,Â Your New PrimeÂ details a lifelong strategy for maximum healthâ"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:Â Digital Services LLC

Language: English

ASIN: B00RLU2910

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #278,457 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #34
in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Men's Health > Sexual Health & Impotence #55 in Books > Health, Fitness & Dieting > Men's Health > Sexual Health & Impotence #583 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Sex

Customer Reviews

This was a fantastic, extremely well-written book. It's not just for men over 40. I highly recommend it for any reader, especially younger men - the earlier you start with this kind of lifestyle, the better (I just bought another copy for my boyfriend who's turning 30 in January). I also think every woman would benefit from reading this book - it gives so much insight not just into male nutrition, but also a little male psychology. If you have a boyfriend or husband it will help you understand things from their perspective, as well as how to support them with diet and lifestyle changes that will be beneficial for both of you. As a Nutritional Therapist, I read this book expecting to know everything, but Craig provided some new information and perspectives; I especially loved what he has to say about toxic personal care products - this is an issue that gets little attention, but is extremely important when it comes to long-term hormonal health for both men and women. A great gift for any man (or woman)!

Craig Cooper's book is terrific. As a 57 year old who has taken an active approach to maintaining my physical health and well being as I have aged, I'm excited to see this sort of book both for its contents as much as it is a call to action for men over 40. The content is very well researched and communicated in a way that is both easy to understand; a careful balance of science and everyday advice. From his diet, to exercise to supplements, he gets it right. As a founding partner of Ageist, I say this as somewhat of an expert on the field of health, fitness and well being of guys over 40. Why treat age decline as an inevitable grim reality when with a few changes and a bit of work, you can be functioning and feeling as if you were in your early thirties? If you read anything about what older athletes such as Laird Hamilton do to stay in the shape they are, they are doing what Craig is talking about. The genius of Craig's book, is that he has put it all together one book. Craig contributed a number of new tweeks to my personal regime, especially the mobility exercises, which is an area I had been weak in. We all forget to practice some parts of what we need to do to stay in front of aging, and it is great to have a comprehensive program played out here.

When I first heard about this book I was thinking just another "health" book. This is so much more, and in a format I wish other authors of this type of book would use; great summaries of action steps at the end of each chapter. The chapters are long enough, but don't take you down the deep dive that the Author took to pull the information together.

I'm a 40ish doctor and a big fan of this book, recommending it to friends that are facing the choice to slide painfully into decrepitude and death through bad habits or to rage joyfully against the dying of the light and take their health into their own hands intelligently. It incorporates a lot of good stuff you'll see elsewhere, but condenses it into a no BS version that makes sense. Read this. follow as much as you can, and you will live well and longer.

Your New Prime is a practical guide to being the best man you can possibly be, in years previously considered to be beyond male prime years. Having personally experienced, much to my shock and surprise, a decline in physical performance, and the self doubt that seems to hit after 50, I found the book to be both inspirational and practical. Its not easy to accept that you might not be as fast or strong as in your 20s and 30s, but what this book makes clear is that with a different approach and focus a full and fulfilling life is within the grasp of any man, no matter what age. Craig Cooper clearly lives the advice he gives, and demonstrates that knowledge, discipline, and proper focus and technique deliver results that will improve your life. Highly recommended! Bring on 100!

I've followed Craig's work for many years. I had always known him to be both incredibly well informed and deeply passionate about his health and fitness. But nothing prepared me for the depth of research and understanding, accessibility and straight up positive usefulness of this book. In Your New Prime, Craig shows that his commitment to a strong healthy and fulfilling life is way more than just the sincere and useful stuff that I was expecting. It's deeply researched, beyond heartfelt, immediately actionable, and is one of the most inspiring things I've read for a long time. Craig has created a guide for people who live real lives. Not just the already uber-healthy. And this book works for those of us who live a life that we hope combines a viable and sustainable mix of those of some of his friends and mentors. A little Tony Robbins, some Laird Hamilton and even a sprinkling of Keith Richards (although that last one may just be me!). Very nicely done Craig. You should definitely read it. And try to live by it.

I read this book while on a plane and had a hard time putting it down when I had to get off. Craig's

writing style is so upbeat, nonjudgmental and full of energy that it keeps you turning the pages wanting to know more. Turning 50 this year and feeling like I am still in the prime of my life, this book not only reaffirms a lot of what I already was exposed to but also goes into a lot of stuff I never knew about but after reading about it know it is something that will help me lead a better life now that I am getting older. This book is a must for men that want to maintain their health and vitality as they age.

A unique and practical perspective on self-improvement from a respected individual in the US new media industry. This book opens up ideas in health and happiness for its readers and Cooper invites them to use this book as a resource, rather than reading it cover-to-cover. Readers can expect this kind of understanding and pre-emptive advice from Craig Cooper, who is a real leader in adult education. This book (as well as being a pleasure to read) is a very exciting and important new text in the health and wellness space.

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

Your New Prime: 30 Days to Better Sex, Eternal Strength, and a Kick Ass Life After 40 Sex: Sex Guide: The Perfect Sex Guide For Unbelievable Sex (Sex, Sex Guide, Sex Positions, Sex Addiction, Seduction, Sex Stories, Sex Books, Foreplay, Alpha Male, Relationships, Marriage) 200 Dirty Talk Examples: How to Dirty Talk your way to the Most Graphic, Mind-Blowing Sex of your Life (Sex Advice and Sex Tips to Improve Sex Life and have Better Sex) Sex Starved Marriage: Sex in Marriage: 31 Best Demonstrated Sex Positions Every Married Couple Should Try To Spice Up Their Sex Life (Scream, harder and longer, Sex positions, Sex Tips, Sex Guide) Kama Sutra: Best Sex Positions from Kama Sutra and Tantra to Skyrocket Your Sex Life (Kama Sutra, Sex Positions, How to have Sex, Tantric Sex) (Volume 1) 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) XXX MATURE SEX Pictures 3: sex, porn, milf, mature sex, love girls, sex pictures, anime sex pictures Think BIG and Kick Ass in Business and Life Think BIG and Kick Ass in Business and Life CD The Leg Kick: Your Ultimate Guide to Using The Leg Kick for Mixed Martial Arts Radical Candor: Be a Kick-Ass Boss Without Losing Your Humanity Summary of Radical Candor by Kim Scott: Be a Kick-Ass Boss Without Losing Your Humanity Fantasy Football for Winners: The Kick-Ass Guide to Dominating Your League From the World's Foremost Fantasologist Yaqui Delgado Wants to Kick Your Ass Fight: Everything You Ever Wanted to Know About Ass-Kicking but Were Afraid You'd Get Your Ass Kicked for Asking Kindle Owners Lending Library: Get Free Books, Movies and TV Shows with your Kindle and Prime Membership (Kindle Owners Lending Library & Prime) Sex and Marriage: More Sex, Passion and

Desire for Married Couples: Discover the 10 Ways to Turn Your Sex Life From Routine to Lustful Desire (Sex Tips, ... Marriage, Marriage Advice, Marriage Help) Prime: Get Your Money's Worth From Prime Shipping, Movies & TV, Music, Books and More Skinny Bitch in the Kitch: Kick-Ass Recipes 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

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)