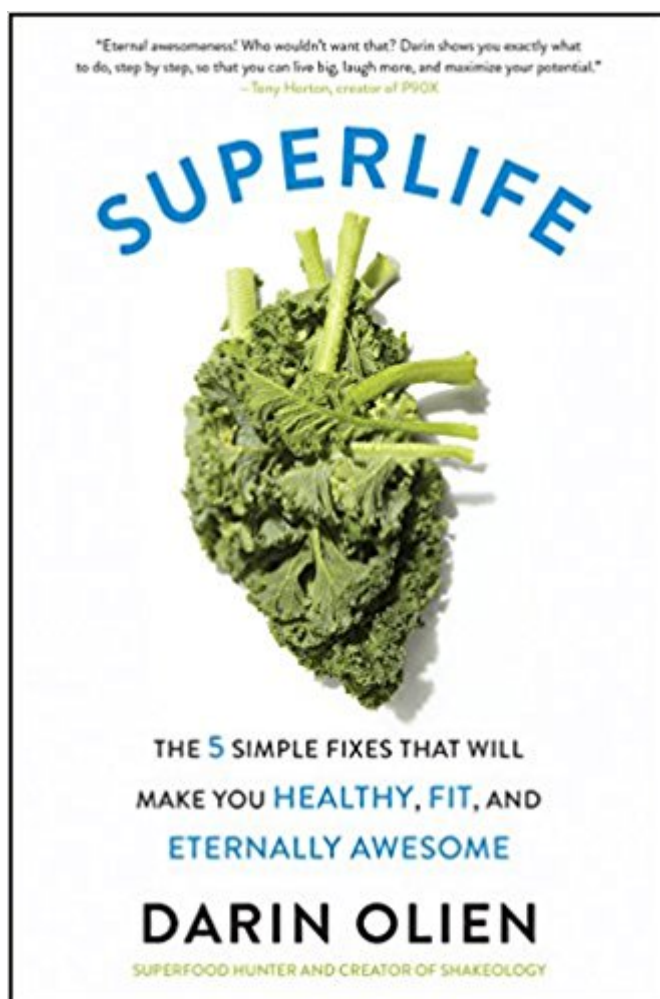


The book was found

SuperLife: The 5 Simple Fixes That Will Make You Healthy, Fit, And Eternally Awesome



Synopsis

In this groundbreaking health and lifestyle guide, the superfoods expert, nutritionist, and creator of Shakeology provides the key to understanding and utilizing the five life forces—the sole factors that determine whether or not we will be healthy, fit, and free of illness. In *Superlife*, Darin Olien provides us with an entirely new way of thinking about health and wellbeing by identifying what he calls the life forces: Quality Nutrition, Hydration, Detoxification, Oxygenation, and Alkalization. Olien demonstrates in great detail how to maintain these processes, thereby allowing our bodies to do the rest. He tells us how we can maintain healthy weight, prevent even the most serious of diseases, and feel great. He explains that all of this is possible without any of the restrictive or gimmicky diet plans that never work in the long term. Olien has traveled the world, exploring the health properties of foods that have sustained indigenous cultures for centuries. Putting his research into practice, he has created a unique and proven formula for maximizing our bodies' potential. He also includes a "How-to-eat" user's guide with a shopping list, advice on "what to throw away," a guide to creating a healthy, balanced diet plan, and advice on how to use supplements effectively. Written in Olien's engaging conversational style, *Superlife* is a one-of-a-kind comprehensive look at dieting and nutrition, a timeless and essential guide to maintaining the human body and maximizing its potential.

Book Information

Paperback: 320 pages

Publisher: Harper Wave; Reprint edition (January 3, 2017)

Language: English

ISBN-10: 0062297198

ISBN-13: 978-0062297198

Product Dimensions: 5.3 x 0.7 x 8 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 130 customer reviews

Best Sellers Rank: #56,336 in Books (See Top 100 in Books) #91 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses #604 in Books > Health, Fitness & Dieting > Nutrition #790 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

“Darin has a sincere passion for health, and has proven that by creating this easy to follow manual for achieving our greatest life possible. He doesn’t just write about eating, moving and feeling great—he lives it with every breath, and it shows.” (Laird Hamilton, world-renowned Waterman, and New York Times bestselling author of Force of Nature: Mind, Body, Soul, and, of Course, Surfing)

“Darin has dedicated his life to finding the answers and the best possible science available. I respect great information, but I appreciate it even more when someone delivers it in a way I can understand and use. This book is a great guide.” (Gabrielle Reece, author of Big Girl in the Middle and My Foot Is Too Big for the Glass Slipper)

“Eternal awesomeness! Who wouldn’t want that? All you need to do is focus on the Five Life Forces and your body will do the rest. Darin shows you exactly what to do, step by step, so that you can live big, laugh more, and maximize your potential.” (Tony Horton, creator of P90X and author of The Big Picture)

We all know what it means to live well. We try to eat well, exercise, meditate, and add just the right amount of kale to our green juice. And it can start to feel complicated. But all too often, we forget that our bodies already know how to do this. Nutritionist and superfoods expert Darin Olien reminds us that we can maximize our body’s natural potential by focusing on the five simple forces—Quality Nutrition, Hydration, Detoxification, Oxygenation, and Alkalization—that determine whether we will be healthy, fit, and free of illness. Olien has traveled the world, exploring the health properties of foods that have sustained indigenous cultures for centuries. Putting his research into practice, he explains how to maintain healthy weight, prevent even the most serious of diseases, and feel great—all without restrictive, gimmicky, or complicated diet plans that never work in the long term. Full of simple fixes, easy-to-follow to-do lists, grocery lists, indispensable guides to supplementing, and more, SuperLife is your kick start to eternal awesomeness. With a comprehensive, holistic, and unique approach to wellness, Olien teaches you how to harness the superpowers of food, water, oxygen, and pH balance to live your best life today, tomorrow, and on into the future.

Finally, a health/nutrition/fitness book with a sense of joy and fun and love of life instead of the usual doom and gloom doctors ordering us around and making good food and exercise sound like medicine. They’re not! They’re what keep us alive and juicy. Darin Olien is the real thing, and his advice is all scientifically sound, but he makes it sound cool. "Who do you want to give your money to, the doctor or the grocer, the farmer or the pharmacist?" Exactly! I’m buying more than one and

giving them to the people I love.

SUPERLIFE IS SUPER!! Darin Olien is a total genius in his writing style and delivery. I highly recommend this book for every person you know. Darin shares from the heart and provides a road map on how you can live a Superlife too. Whether it be recipes, advice in life, practical changes or just pure awesomeness. This book is an easy read that is fresh, fun and delivers. Superlife is intelligent and yet does not come across as arrogant or preaching. Darin is the real deal and he has real answers that can help you live a better life starting today. Shhhhhh don't tell anyone but you are sure to learn many things during the fun journey of this book. Yes, there is practical application in all areas of your life and tid bits of knowledge that will have you with your jaw on the floor. Amazing Book! I bought several more copies for gift giving!

Thank you Mr. Olien for writing such an informative book. I have always felt that good healthy food is our true medicine. After all, our bodies are amazing machines! This book is easy to read and comprehend and I love the sense of humor! I highly recommend this book if you want to turn your life around for the better with good healthy foods! Great recipes, too!

I took so many notes from this book and really enjoyed it and learned a lot. I shared a lot of it with my teammates and customers online and they liked the content as well. Easy to read, loved the resources at the end and lists. Makes you really want to overhaul your life and gave me so much more passion for living a clean life.

My only regret about this book is that it did not exist when my health journey started 3 years ago! Every spare moment I have had these last few years has been spent reading and studying food and its affects on our bodies. Because we are all so different it's very hard to know what to follow. Everything I have covered has landed me right where Darin takes you in this book, cover to cover the most concise yet very detailed bible of healthy "SUPERLIFE". I love the way Darin makes it real, you know the man knows his stuff just by the way it is presented. It's broken down and simple for anyone to pick up and begin making changes to feeling better. Highly recommend this read for beginners on the road to health as well as those who think they are doing all they can already, it will likely teach you a few new ideas. Thank you Darin Olien!

The thing I like most about this book is that it gives me permission to just agree that feeding the

body well, hydrating, resting it, exercising it and adopting the paradigm that if you just lead with health - all other things fall into place. Im a long time fitness enthusiast on the windy journey to better health - I take the current info and try to process it and lead a better life - but I have to admit - I have had a few barriers when it comes to committing to better sources, better quality over convenience, taste, habit & desire...it is hard to be healthy - but we are worth it. And as a mom, I dont want to pick and choose what my kids do if it just suits me...I want them to start young with good habits - and yes - live in moderation but also live a superlife...that is what I liked most about this book...that I have permission to look at life from leading with health...the information was not all verifiable, and some of the studies used were remote and specific and even some of the advice was simplistic - but overall - I thought some of the more complex body systems were well explained - not too hard, not dumbed down...in terms I understand and can wrap my head around. Superlife is a book that would be great if it was an audio as I would like to listen to it in the car!!!

Not my favorite book for a more plant-based lifestyle. A little depressing at times as far as what we should be eating drinking because some of those things aren't accessible as they are to someone with more financial means. Still a good read though.

I am only half way through at the moment but just have to say this book is an eye opener! I have read tons of similar articles, studies and books all related to what Darin talks about but none in this manner. Very straight forward, to the point and it feels like he is speaking directly to you while you are reading it. This is a must read for anyone looking to improve their health in the simplest manner.

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