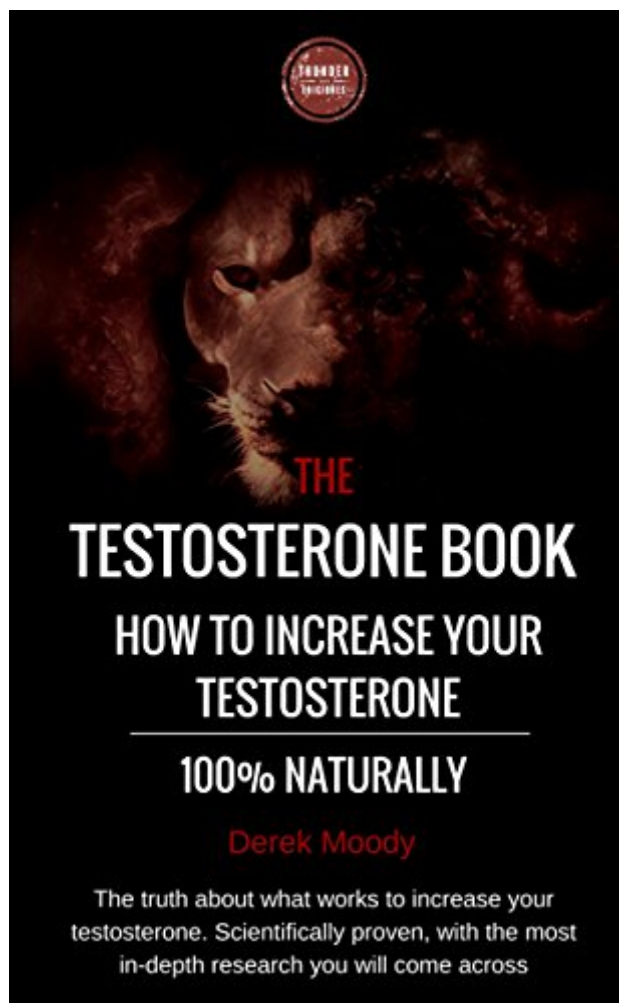


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# The Testosterone Book. How To Increase Your Testosterone 100% Naturally: The Truth About What Works To Increase Your Testosterone. Scientifically Proven, With The Most In-depth Research.





## Synopsis

In these pages you will know how to increase your testosterone, naturally and according to science. Supported by more than 130 scientific studies, you will learn what really works. From diet to exercise, lifestyle, the real truth about supplements or even the amazing link between mind, behavior and testosterone. An information that you won't find anywhere else. Everything in this book is proven by science and there is no room for new age nonsense or unproven theories, so it works, I can personally tell you. I never thought it could happen to me, but I suffered from low testosterone in my mid-thirties. It all started in the front seat of a car with a terrible hangover, since months ago I was suffering from lack of motivation, low sexual drive and performance, poor focus and crappy mood | All the time. I did not know testosterone had to do with that, in fact, as many men, I did know little about the hormone, but I embarked in a personal quest to regain my previous healthy levels. I researched every scientific study, every book, every paper | I experimented and I tested the results in myself | achieving success. I can tell you, my energy levels went through the roof, my motivation returned, tackling project after project (including this book) and my sex drive and performance were back. I thought "every man should know about this", because our testosterone levels are lower than ever (decreasing year after year). We are lesser men than our fathers and much lesser men than our grandfathers. Diet, exercise, lifestyle and even our thoughts and behavior, influence our testosterone levels, and unknowingly, much of the widespread "healthy" dietary advice crash our testosterone levels and it's deeply misguided. Same thing happens with exercise advice. The most common practices, like running forever in that treadmill, can easily plummet our testosterone without even being the most effective way of getting fit. And not only that: xenoestrogens, wrong mindset | testosterone is under attack and circling the wagons, but you can fight back and reclaim a healthy level of testosterone without drugs, dubious supplements or strange herbs with unknown side effects. It worked for me, it worked in the scientific studies and it will work for you. You will know everything about testosterone including: What diet increases the hormone. What lifestyle optimizes its levels. What kind of exercise increases testosterone. What to avoid like the plague (things that are everywhere by the way). How to obtain the most benefit with less effort | and one of the most unknown issues about testosterone: how it's influenced by our mind (and I'm not talking about some kind of meditation or something like that, but about profound psychological implications studied by science). I can tell you, you will even learn how testosterone influences our chances of getting a partner or even getting laid. And everything is explained in layman terms.

## Book Information

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## Customer Reviews

Have to admit the writing was cringe worthy, the frequent attempts at humor more so, but the little book is thorough. The information to the best I could tell was accurate and helpful. The sources are well-documented. I learned a few things, it was worth my time. The author is likeable, just seems very young, and perhaps at a disadvantage using English. My gratitude that he compiled this information and made it available, inexpensive as it is. The length is appropriate to the information covered. You can spend far more for far less. I would buy it again.

Very fascinating, practical and pretty straight forward. I enjoyed reading it. I particularly liked the emphasis on doing things naturally.

Good

This book gives you lots of useful information on how to improve your testosterone levels without having to deal with medical treatments. I like this book because the author has got a lively style,

which makes the reading a lot more comfortable and pleasurable. It's a good buy.

This book sucked. It was not what I thought it would be. Information was useless. It is a boring read.

Great first half, until all of a sudden the author gets caught in absolutely every machi stereotype. The book contains some valuable advice, though.

Obviously the book is self-published without professional editing, and clearly English is not the author's first language. But I found the sometimes-awkward phrasing and the quirky style quite enjoyable. Some reviewers found it annoying. But just get past it either way, because if you are a man needing practical advice to improve your testosterone levels, this is the book you need. I've purchased several other books on the subject and this is the only one that covers all the bases. I'm totally opposed to using hormone-replacement-therapy (HRT) because of the side effects and risks, and because that is merely treating a symptom and not treating the root of the problem. Some other books are all about taking hormone supplements and prescription drugs. This one isn't. The root of the problem for most people is diet, exercise, lifestyle, and exposure to estrogenic substances. Fix those and you'll fix your testosterone. At 51 years old I had to work hard to get my mojo back, but I did so without drugs and improved many other aspects of my health at the same time. I follow a Paleo-type diet now, which I studied extensively from other sources aside from the recommendations in this book. Testosterone is just one more reason to do so. My diet along with proper exercise, lifestyle choices, a few selected supplements, and changing to natural personal products without estrogenic chemicals, has changed my life. It works.

I as a nurse found this book informative. easy to read for the lay person. I purchased it hoping my husband would read it, didn't happen.

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The testosterone book. How to increase your testosterone 100% naturally: The truth about what works to increase your testosterone. Scientifically proven, with the most in-depth research.

Testosterone: The Definitive Guide to Boosting Your Testosterone, Gaining Muscle, Increasing Your Sex-Drive and Becoming the Ultimate Male (testosterone, health, fitness) Kidney Disease Solved!: The Truth About Kidney Disease And How You Can Treat It Quickly With Scientifically-Proven Natural Remedies! Healthy at 100: The Scientifically Proven Secrets of the World's Healthiest and Longest-Lived Peoples Improve Your Memory â “ Learn Faster, Retain more, and Unlock Your

Brainâ€™s Potential â€“ 17 Scientifically Proven Memory Techniques for Better Daily Living  
Testosterone: Everything You Need to Know to Skyrocket Your Testosterone Levels (Lifestyle University Book 3)  
The Definitive Testosterone Replacement Therapy MANUAL: How to Optimize Your Testosterone for Lifelong Health and Happiness  
Testosterone: Everything You Need To Know To Skyrocket Your Testosterone Levels (Lifestyle University) (Volume 3)  
Be a Better Runner: Real World, Scientifically-proven Training Techniques that Will Dramatically Improve Your Speed, Endurance, and Injury Resistance  
Reclaim Your Life from IBS: A Scientifically Proven Plan for Relief without Restrictive Diets  
Stick with It: A Scientifically Proven Process for Changing Your Life-for Good  
Testosterone: Boost Masculinity for Sex Drive, Confidence, Muscle Mass, Fat Loss, Energy, Avoiding Hair Loss and other signs of low testosterone  
The Spectrum: A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight, and Gain Health  
How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease  
Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure  
Dr. Neal Barnard’s Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs  
The Ketogenic Diet: A Scientifically Proven Approach to Fast, Healthy Weight Loss  
KETOGENIC Diet: 500 High-Fat Diet Recipes, The Rapid Weight-Loss Solution, Scientifically Proven, Low-Carb, Fat-Burning Machine  
The Oxygen Advantage: Simple, Scientifically Proven Breathing Techniques to Help You Become Healthier, Slimmer, Faster, and Fitter  
7 Steps to Health: Scientifically proven methods to help you stop, reverse, and even cure disease without the use of drugs, pills or surgery.

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