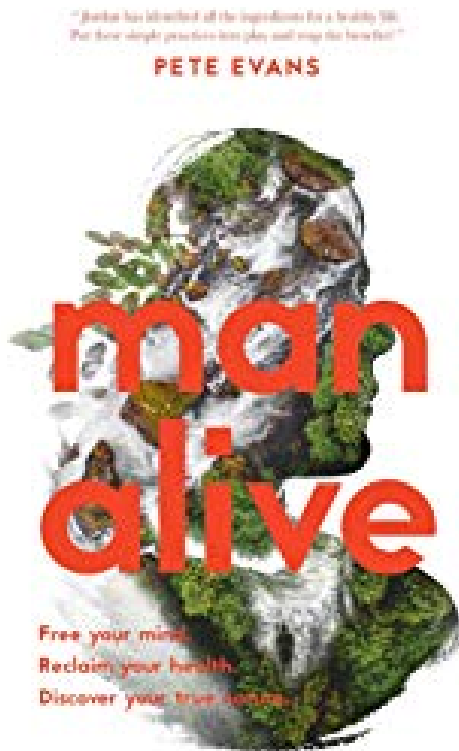


# Man Alive: Free your mind. Reclaim your health. Discover your true nature



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**JORDAN TRAVERS**

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Do you want to look, feel and perform your best every single day? Have you always wanted to become healthy and still have time for a busy family and successful career? Man Alive guides you to become your best self with inspiring stories and simple, actionable advice. In this book, you will uncover how to: - Allow nature to restore your health - Optimise your brain and breath for well-being, recovery and performance - Have incredible sleep and drop body fat simultaneously - Feast to look and feel like your ultimate self - Develop awareness, strength and mobility to ensure your body now and into your older years Written by one of Australia's top personal trainers, Jordan Travers has worked one on one with hundreds of professionals and business owners to restore their health and energy to function at the peak in everyday life. 'Jordan has identified all the ingredients for a healthy life. Put these simple practices into play and reap the benefits!' - Pete Evans 'Jordan's passion, insight and knowledge in men's health at such a young age is an inspiration'. Kane Johnson - AFL captain and premiership champion 'Jordan's focus on what really works and the evidence behind it really helped me become healthier, leaner and most importantly, happy and pain free.' Brent May - Specialist Anaesthetist and Pre-Hospital Care physician, MBBS, FANZCA, MSc (Trauma) If you have always wanted to upgrade your health and reap the benefits into all other areas of your life, then this book is for you.