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"Start Here can be the start of your personal revolution."

— Tal Ben-Shahar, PhD, author of the *New York Times* bestseller *Happier*

Master the Lifelong Habit of Wellbeing

NEW
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Start Here



A Groundbreaking, Science-Based
Program for Emotional Fitness

Eric Langshur and Nate Klemp, PhD

BASED ON THE LIFE  TRAINING SYSTEM

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Eric Langshur

Start Here: Master the Lifelong Habit of Wellbeing



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A New York Times Bestseller! Imagine being much less stressed, more concentrated, and happier every day you will ever have. Leading experts, Lifestyle XT is a groundbreaking training program to master the art of wellbeing. If given the choice, we would all prefer to get less stressed, feel happier, and encounter a more optimal condition of wellbeing. So why are these outcomes so hard to attain? We call this Lifestyle Cross Training (Existence XT), and Start Here is the manual for anyone seeking to achieve emotional fulfillment. This program teaches practices which are tested to rewire the brain for increased concentration, engagement, and resilience to stress. Combining ancient wisdom with contemporary neuroscience from the globe. The solution is quite simple. It turns out that simply as you train the body for fitness, you can train your mind for wellbeing. An instantaneous New York Times bestseller, Start Here outlines a program designed to assist you to achieve emotional fitness by cross-teaching the skill of lifelong wellbeing. No one has trained us how. By offering specific practices, habits, and assessments to manage your training and helping to build up core skills such as for example mindfulness, gratitude, and compassion, authors Eric Langshur and Nate Klemp construct a thorough and sustainable program that anyone can integrate into their daily lives. With Start Here, it is possible to:

- Feel much less anxious, distracted, and overwhelmed, and more focused
- Boost your productivity
- Feel a stronger sense of meaning and contribution
- Build stronger romantic relationships with family, close friends, and coworkers

We are able to all encounter these benefits with the scientifically validated procedures presented in this book. Want to become less stressed, even more emotionally fulfilled, and even more in harmony with the world that surrounds you? Begin here.



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