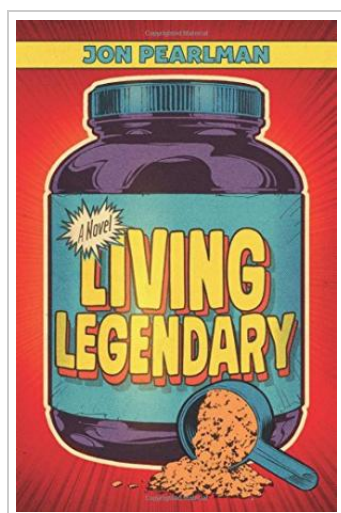



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Living Legendary (Paperback)

By Jon Pearlman

Evolve Publishing House, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Jon Brody wants to become the guru of his generation, and he has a secret to get there: The Living Legendary Framework. But Living Legendary isn't just run-of-the-mill self-help fluff -- it's hardcore. Legends work out twice a day in a sweatsuit. They eat steamed vegetables at every meal. The only time they go out is to nightlife shark -- seeking out romantic partners at peak levels of intoxication, while staying sober themselves. Legends avoid coffee, Facebook, alcohol, restaurants, road trips, microwaves, airport body scanners, skinny products, studying abroad, energy bars, cold-pressed juice, and pretty much anything else you might think of as normal and acceptable parts of life. As Brody pushes his framework onto the world, the world -- including those closest to him -- push back. Are people simply not ready to become Living Legends? Or is Jon Brody a Legendary lunatic? Jon Brody welcomes you on his journey: Snap on your seatbelt -- or, if you're one of the severe cases, snap together all three extensions -- for a memorable ride. without any pit-stops for snacks. and...



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