

FitBuff.com

**One Hundred Simple Steps You Can Take Right Now To
Improve Every Area of Your Life**

**Make Your Life
100 Times Better**
10 Tips x 10 Areas of Life

**Brain Power | Dating | Exercise | Family | Grooming
Money | Nutrition | Sex | Stress | Work**

**Your Quick Start Guide To
“Total Mind and Body Fitness”**

Make Your Life 100 Times Better

– 10 Tips x 10 Areas of Life

*“One Hundred Simple Steps You Can Take Right Now
To Improve Every Area of Your Life”*

By FitBuff.com

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Introduction

This eBook is brought to you by FitBuff.com, your portal to total mind and body fitness. We have a variety of articles, advice, and information to help you improve your nutrition, exercise habits, relaxation techniques, brain power, sexual health, dating life, and so much more.

If you've found this eBook, then you are already miles ahead of everyone else that has chosen to simply accept their current life. You have made a conscious decision to seek information and advice on how to better yourself as a whole. So, don't stop now! Dive in and start learning everything you can to "Make Your Life 100 Times Better"!

You will find ten new and useful tips in each of our ten areas of life: Brain Power, Dating, Exercise, Family, Grooming, Money, Nutrition, Sex, Stress, and Work. Some of the tips may not apply to you or your life directly, but we guarantee that out of all 100, you will find at least a few amazing gems that you can use and put to work right now!

The most important thing of all is that you do just that: take action and apply the tips to your life starting today. Too often, dedicated and determined people like you and me seek out all the information we can find on bettering ourselves, but then we're hungry for even more advice, before we incorporate what we just learned into our daily lives.

Don't fall victim to this vicious cycle. Snap out of it, get out there, and start living the amazing life that you spent all this time reading about!

And please email us your thoughts, suggestions, complaints, or anything else. We love to hear what like-minded people have to say: info@fitbuff.com

Legal Notice

Now for a little legal business, let's get the boring lawyer talk out of the way:

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OK, let's start Making Your Life 100 Times Better!

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Area 1: Brain Power

Tip #1

You understand that in order to get bigger and stronger, you have to work out your arms, legs, chest, abs, back, etc. right? Well, your brain isn't any different. OK, maybe a little....it's not going to get "cut up" and start expanding out of your skull if you work it out, but it can get stronger, faster, and more efficient.

Tip #2

Just because you're awake, it doesn't mean your brain has stopped hitting the snooze button yet. If you don't give your brain a chance to rev up first thing in the morning, then it's probably gotten used to sleeping in a little bit longer than you do. Besides being dangerous (see how many accidents there are on the way to work?), it also makes you less efficient for the rest of the day. It's important to kick start your brain in the morning, so that when you actually need it, it's already up and running at optimal speed. It doesn't matter how you do it, but just do something to make yourself less of a brainless zombie. Do a few crossword clues in the morning paper, or do a quick [Sudoku](#) puzzle. Just do anything that takes more thought than brushing your pearly whites. You will notice a difference for the entire day, and be more efficient during those first few groggy hours in the office.

Tip #3

Next time you can't remember a small detail or fact, try darting your eyes back and forth from side to side. I learned about this a few weeks ago, and have been amazed at how well it works. The science behind it is that

everyone's brain has a left hemisphere and a right hemisphere. These two halves need to communicate constantly to get you through your daily life. However, the connection between most people's left and right hemispheres isn't as strong as it could be. Darting your eyes from side to side helps to strengthen this connection long enough to recall what you're looking for. I've used this technique at least 5-10 times since I learned it, and it's worked every time. And it only takes a few seconds of looking like I'm having a stroke!

Tip #4

Need to remember a speech for a meeting or all the state capitals for a test tomorrow? Your brain does most of its daily "filing" and "sorting" while you sleep. It takes all the little things you've experienced that day, and stores them in the different areas of your mind dedicated to that piece of information. So, if you review and read over things you need to remember at night right before going to sleep, this information will be fresh, and receive higher priority when being stored away.

Tip #5

In the case of "Man vs. Machine", when it comes to the brain, man (or woman) wins! The human brain has about 1000 times the memory capacity of even the biggest, baddest computer! The way we store information is also more efficient, because our memories (files) are spread out over multiple neurons, so even if we lose a few neurons (megabytes), it doesn't affect our ability to recover that information.

Tip #6

Testosterone appears to play an important role in strengthening the connections between neurons. The better and stronger those connections are, the faster and more efficiently your brain can work. So, while you're pumping that iron and boosting your testosterone levels, you're basically "working out" your brain at the same time.

Tip #7

Over 60% of your brain is used for your sense of sight. This is why many people can remember things that they've seen more easily than things they've only heard. You can use this to your advantage by creating a visual image of things you want to remember. The more bizarre or creative your vision, the more it will stand out in your mind for quicker recall. Let's say you have a quick trip to the grocery store, and you need milk, eggs, sausage, bacon, orange juice, biscuits, and syrup. Imagine Jessica Alba with a milk mustache smashing eggs with a can of biscuit dough then pouring syrup in her orange juice and drinking it while flipping sausage and bacon in the pan. Believe me, that's not an image you will easily forget!

Tip #8

Your brain sometimes tells your body to stop or slow down, even when your body doesn't need to just yet. When you're running as fast as you can, or pumping out those last few gut-busting reps, your muscles are sending signals to your brain saying, "Wow, this is hard!". In response, your

brain sends signals back saying, "Yeah, you should probably stop now so we don't get hurt." While sometimes this can be a good thing to help prevent injury or exhaustion, more often than not, your brain is a little too overprotective and throws in the towel a little too soon. Try to focus all your energy in that one moment to push through and finish.

Tip #9

You just finished sucking down that Slurpee or milkshake, and now you're paying for it, "Brainfreeze!". It's actually just the roof of your mouth that's freezing, but since it's close to your brain, your body overheats the brain to protect it. So, next time, press your tongue firmly against the roof of your mouth, and cover as much of it as you can. This will heat it up, thus taking your brain out of panic mode.

Tip #10

If you made it all the way here to #10 in the "Brain" section, you are probably more open-minded and intrigued by the workings of the mind than those who skipped straight to the more action-packed "Dating" and "Sex" sections. So, chances are you may have already heard of this, but if you haven't, you will thoroughly enjoy learning more about Quantum Physics. Do a quick search on Google and/or Amazon, and you will have enough information to keep you enthralled for weeks.

...To Be Continued

(Go to the next page to find out how to get the full version for FREE!)

This is just a small sample of what “Make Your Life 100 Times Better – 10 Tips x 10 Areas of Life” has to offer. Even better, the full eBook is also FREE!

The complete version contains 50+ pages of 90 more tips covering 9 more categories: Dating, Exercise, Family, Grooming, Money, Nutrition, Sex, Stress, and Work.

Some of the most popular tips included are:

1. “Male Multiple Orgasms – Yes Fellas, We Can Do It Too!”
2. “How To Get Your Cable and Phone Bills Paid For Free”
3. “Gain Muscle and Lose Fat at the Same Time”
4. “One Quick All Natural Fix to Drastically Reduce Your Acne”
5. “I Want To Get To 9% Body Fat”
6. “Ask For A Raise And Raise Your Chance Of Getting It”

And the list goes on and on (well, at least “on and on” for another 84 tips or so). All you have to do to receive your free copy is to be one of the first 100 people to join the [FitBuff.com Forums](#) and make at least 25 posts.

How much does it cost to join the [Forums](#), you ask? Well, joining is also absolutely FREE! Not only is it free, easy, and fast to sign up, you can use your 25 posts to ask literally ANY question, and another member will have an answer for you in no time! Or, you might be the one helping someone else out if you see a question or discussion you’re interested in. Either way, your 25 posts will fly by!

So, [sign up now](#), get posting, and get ready to “Make Your Life 100 Times Better”!

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