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Own the Day, Own Your Life: Optimized Practices for Waking, Working, Learning, Eating, Training, Playing, Sleeping, and Sex. He regularly provides commentary to outlets like Entrepreneur, Forbes, The Doctors and The Joe Rogan Experience. He has been featured on the cover of Men's Health, is the author of the life-coaching course Go For Your Win, and his newest (and first!) book is Own The Day, Own Your Life from HarperCollins.

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