

If given the choice, we would all choose to be less stressed, to feel happier, and to experience a more optimal state of well-being. So why are these outcomes so hard to achieve? The answer is quite simple: no one has taught us how.

It turns out that, just as you train your body for fitness, you can train your mind for well-being. We call this Life Cross Training (Life XT), and *Start Here* is the manual for anyone seeking to achieve emotional fitness. Combining ancient wisdom with modern neuroscience from the world's leading experts, Life XT is a groundbreaking training program to master the art of well-being. The program teaches practices proven to rewire the brain for increased focus, engagement, and resilience to stress. By offering specific practices, habits, and assessments to manage your training and by helping to build up core skills such as mindfulness, gratitude, and compassion, authors Eric Langshur and Nate Klemp lay out a thorough and sustainable program that anyone can integrate into their daily lives.

These are benefits we all seek and can all experience by cross-training with the scientifically validated practices presented in this book. Want to become less stressed, more emotionally fulfilled, and more in harmony with the world that surrounds you? Start here.

Eric Langshur, a seasoned corporate executive and entrepreneur, is the founder of Abundant Venture Partners. Years of research into the intersection of philosophy and neuroscience have established him as a thought leader in optimizing well-being.

Nate Klemp, PhD, is a former philosophy professor who trained at Stanford, Harvard, and Princeton, and an expert in understanding how the tools of ancient and modern wisdom can be used to improve individual well-being.

Read by Zach Villa

Foreword by Dr. Richard J. Davidson



Running Time: 7½ Hours • Unabridged

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