

Some people wake up at 4 A.M., run fifteen miles barefoot, and take an ice bath.
THIS BOOK IS FOR THE REST OF US.

The false promises of optimized wellness and productivity are a recipe for personal blame and frustration. We're chasing the wrong goals with wrong expectations and the wrong strategy. We're trying to make positive change while living in an environment that's determined to keep us complacent and distracted. No wonder all-or-nothing thinking leads to "all, then nothing" results. Of course we're struggling!

Fortunately, escaping this "doom loop" is Steve Kamb's superpower.

We're not failures. We're humans who failed at something. Welcome to the club!

For nearly two decades, Kamb has helped tens of millions of people make sustainable progress, even when life happens. Blending empathy and REAL helpful advice, *How to Try Again* will help you navigate everyday chaos, restart without guilt, and make change that sticks.

Drawing on behavioral psychology, real-world examples, and self-deprecating humor, *How to Try Again* offers a compassionate, funny, and radically practical guide for anyone who has ever struggled to make their goals last. Discover:

- **The PACT Framework:** A four-step method to turn any failure into a data point for future success.
- **How to Tread Water:** How to maintain momentum even when life gets overwhelming.
- **The Doom Loop:** Why we self-sabotage after one mistake and how to escape it instantly.
- **The "Shower Tomorrow" Strategy:** A mental hack to restart your progress without guilt.

We don't need to succeed with more discipline. We need to fail with more compassion. We can stop waiting for the perfect plan, stop feeling guilty about the past, and learn *How to Try Again* differently.

All while being delightfully, forgivably human

Steve Kamb is the author of *How to Try Again* and founder of NerdFitness.com, an approachable fitness company that helps busy humans level up their lives. Since 2009, Steve has published research-backed essays and a weekly newsletter that explores failure, self-compassion, and making change that sticks, especially when life doesn't go according to plan. He lives in Nashville, TN, where he plays golf decently and music poorly.

Read by the Author



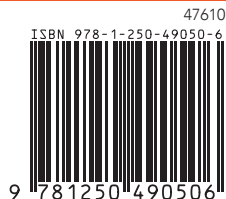
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The Playaway format is recommended for children ages 5 and up.



AUDIO

How to TRY AGAIN

An Approachable
Guide to Navigating
Chaos and Making
Change THAT STICKS

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