

THE EMPOWERED Life



RESOURCE CHEAT SHEET

You've read the book and hopefully you now have an understanding of what you need to do to become the best version of you.

This means finding your own path and developing the determination, discipline and mental strength necessarily to stay on that path. In doing so, you'll become happier, more content, more driven, more attractive and more magnetic to be around. Then you can consider yourself alongside some of the most successful and driven people in the world.

But it's a long road to get there and it takes time and effort. Here are some of the best tools and resources that will augment your efforts and help you get there faster...

Apps, Tools and Gadgets

Headspace

www.headspace.com

In the book, we described meditation as being one of the most powerful tools for strengthening your brain, fortifying yourself emotionally and removing stress. It's hard to get started with though, which is why Headspace is such a useful too. This app/website will give you guided meditation sessions to help you get started in 10 minutes a day.

Dual N-Back

<http://dual-n-back.com/>

This is not the most attractive or modern looking website, but it is a reliable way to try the dual n-back test and to train your working memory.

Lumosity

<https://www.lumosity.com/>

There are plenty of brain training sites and apps out there but – despite some recent controversy – Lumosity remains one of the best. Lumosity presents the user with 50+ online games, each of which is designed to improve your brain power in ways that are fun and engaging. These include games like the dual n-back but with a more fun and engaging surface paint.

Lumie

www.lumie.com

It is nothing more than a coincidence that the last two entries on this list start with 'lum'. Either way, Lumie clocks are powerful tools for waking you up gently with a light that gets slowly brighter. This simulates a sunrise and combats SAD (seasonal affective disorder) to boost your mood and creativity and help you sleep better.

Fitbit

www.fitbit.com

Fitbits are small devices that can be worn on the wrist or attached to a belt or shoe in some cases. These track your steps, calories burned, heart rate (optional), sleep and more in order to help you start making more meaningful, positive changes to your routine in order to enhance your health and fitness. Walking is incredibly good for improving your health and losing weight and using a Fitbit can encourage you to do more of this!

MyFitnessPal

www.myfitnesspal.com

A useful online tool/app that allows you to enter the food you've consumed in order to get a good picture of how much you're eating and what you need to change in order to lose weight.

Books

These are some of the best books for furthering your education and helping you to become more driven and empowered!

Tools of Titans

by Tim Ferriss

This book is all based on countless interviews that Tim Ferriss conducted with some of the world's most successful individuals. He has weeded out their habits, routines and top tips so that we can adapt them into our own lifestyles and hopefully share some of their success.

The Four Hour Workweek

by Tim Ferriss

Also from Tim Ferriss, this book will teach you to take control over your working week and your productivity using powerful hacks and a new way of thinking about your work/life balance. This is *the* book for living the empowered life and should be required reading for everyone.

How to Save an Hour Every Day

by Michael Heppell

This book is filled with time-saving tips, which also just so happen to be energy-saving tips. It will help you to take control of your time and spend more time doing the things you love.

The Life-Changing Magic of Tidying Up

by Marie Kondo

The first chapter of *The Empowered Life* deals with tidying your home and what a profound impact that can have. Marie Kondo explains why and goes into much more detail.

The Personal MBA

by Josh Kaufman

This book is an 'entire MBA in book form'. That might not appeal if you have no interest in business, but the power of these tips and ideas should not be overlooked – they can be applied to any aspect of life.

The Dark Fields

by Alan Glyn

This book is fiction but it shouldn't be ignored. This is the text that inspired the movie *Limitless* and it has inspired countless more to delve into the world of nootropics, brain training and more.

YouTube Channels, Blogs and Online Resources

The Four Hour Blog

<http://tim.blog>

This is the home of Tim Ferriss, one of the foremost 'lifestyle designers' and a fantastic and reliable source of excellent information.

The Bioneer

<http://www.thebioneer.com>

For more detailed information on neuroscience, weight training and productivity that dives a little deeper, the Bioneer is a great resource.

Brain Pickings

www.brainpickings.org

Even more in-depth is Brain Pickings. This site delves into matters of philosophy, politics and psychology in great detail. Learning philosophy is an important tool for bettering yourself and one that will help you to better handle anything life throws at you. Read this site!

Charisma on Command

<https://www.youtube.com/user/charismaoncommand>

Learn to be more charismatic and discover various tips and tricks for mastering psychological warfare and even unlocking some of the potential of your own brain.

Alpha M

<https://www.youtube.com/user/AlphaMconsulting>

Primarily a channel about fashion, style and grooming; Alpha M also delves into many other aspects of lifestyle and success: from fitness to positivity and productivity. He's a great personality that is fun to watch, definitely worth checking out.

Breaking Muscle

www.breakingmuscle.com

There are plenty of websites out there all about working out and getting into shape. The problem is that they can't all be trusted. With a

foundation in science and in functional performance, Breaking Muscle is among the best and most reliable sites out there and a great place to turn to if you want to learn more about fitness and get motivated to get yourself in the gym.