



EXCUSE PROOF FITNESS SURVIVAL GUIDE

7 Cutting Edge Strategies
To Rapidly Burn Fat, Reprogram Your Genetics,
And Bring Your Sexy Back



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Excuse Proof Fitness and Derek Doepker are not responsible if the use of these methods results in excessive levels of sexiness and desirability.

PREFACE:

Who are you and why should I listen to you?

Before addressing who I am, I want to make it very clear that you should NOT blindly believe everything I say in any of my work.

That sounds a little strange, but what I mean is that blindly accepting information just because some “guru,” “expert,” or “guy on the internet who wrote a guide” says it doesn't mean it's always true, or true *for you*. Even the biggest, brightest, most knowledgeable experts disagree on all sorts of things and our knowledge of what works is always changing and expanding.

All I can do is share stuff that has worked tremendously well for myself and literally thousands of others who have taken similar advice both in the “real world” and in scientific studies, but that doesn't mean it will work for you or is even what is best for you at the moment.

Not only that, but some of my recommendations will likely be updated as more research emerges as we are always learning new things. This means I'm not interested in debating whether something said is “right” or “wrong” as much as to whether it is more or less practical and efficient in light of our current knowledge of the human body and mind.

What I hope to do more than anything is inspire you to think and discover your own solutions rather than have me “preach” to you about what you should or shouldn't be doing, but that doesn't mean I won't try to give you a kick in the butt every now and then in hopes of waking you up. Realize I only do it because I care enough about you that I know it may help you get results.

It's always up to you whether or not you want to accept anything I present or say that “this guy's full of it,” which you're more than welcome to do.

With that being said, let me introduce myself.

My name is Derek Doepker and I **used** to be unhealthy, scrawny and weak, and I ate fast food every single night for years on end while REFUSING to eat anything remotely healthy.

I'm not going to give you some sob story about how much my life sucked because for all intents and purposes, things weren't *that* bad.

Yeah I got picked on growing up because I was small and weak and wouldn't defend myself, but overall my out of shape body and poor health habits didn't make me cry myself to sleep at night.

Certainly other people, and perhaps yourself have faced a lot more pain and suffering from the condition of their body like my friend Shane whom I will tell you about in a moment.

But one thing I did have is an ever curious mind and desire to learn. After reading about the damaging effects, from a scientific perspective, that the things I was doing was having on my body by studying books on anti-aging, I decided to make a change at the age of 17.

Even though "Super Size Me" or "Fat Sick and Nearly Dead" weren't around when I got started, I'm sure they similarly have prompted many people to change their behaviors by demonstrating the consequences of poor choices. (Regardless of your thoughts as well as the accuracy and limited perspective of these types of documentaries, they at least provide food for thought)

No longer were my bad habits something that were going to hurt me when I was 80, but I saw that my bad habits were affecting me TODAY by making me feel like crap all the time and setting myself up for rapid aging and disease formation to the point where I may be getting irreversible health conditions in a matter of years rather than decades if I kept up what I was doing.

To make a long story short, I studied a lot about the human body and exercise. I quickly turned around my diet, went to the gym at least three times a week, and by applying sound principles I was able to gain 23 lbs of lean muscle and weight while getting a ripped six pack in a few months.

My transformation was so rapid and powerful the people in my high school couldn't believe a scrawny kid transformed into one of the fittest guys.

My close friend Shane Edele saw my results and he was sick and tired of being fat. He came to me for advice because of the pain he was experiencing from his condition and he was ready to make a change.

I shared my knowledge with him and he went from 218 pounds to 170lbs and got a lean athletic body and six pack for the first time in his life within *three* months.

Neither of us did anything "extreme," we didn't use drugs or fat burners, neither of us were gifted genetically (though not "cursed" either), we didn't

spend our lives in the gym or kitchen, but we both were extremely disciplined with following our respective plans.

The true test came however in college when I was busy and broke and trying to follow a specific diet or exercise regimen could be nearly impossible at times due to various circumstances.

It's one thing to be in shape when everything in your life follows a nice steady routine and there are no challenges, but how many people can't quite get it together if they have jobs, family, limited budgets, and other challenging circumstances that sabotage their time, willpower, and resources?

For me though there was no going back. Once I tasted the sweet success of having a healthy, fit body that I could look in the mirror and be proud of, I knew I had to find ways to keep and build upon that no matter what other crazy stuff I had going on in my life ranging from classes, jobs, music rehearsals, social life, no money, etc.

So that's when I developed all of my time and money saving strategies both for eating healthy and exercising that allowed me to get in even BETTER shape by spending *far less time* exercising and cooking.

I made it a science to develop the absolute most efficient ways to get results with the least amount of effort required and Shane and I would swap ideas and insights over the phone. Before long, when people saw how great our bodies looked and how easily we got our results, they wanted to know our "secrets."

The biggest problem though was that most people wouldn't even take the time to apply the *stupid simple* recommendations we gave because just as quickly as they'd ask for advice, they'd have an excuse like "I'd love to get in better shape but I just don't have the time/money/genetics/willpower/etc."

As I faced our own challenges in life, I realized that a big part of success was that I looked at things differently. Both through real world experience, and countless hours of studying the world's most successful people, I realized that no one gets results until they change their mindset.

After all, I can show you how to make delicious meals for days in literally under 5 minutes that costs LESS than fast food, but if someone doesn't believe it's possible for them to get in shape, and SEE it's possible from watching us do it, then they won't start doing the things they need to do.

After many literally thousands of hours of research into psychology, neuroscience, and human behavior plus physiology and exercise science to understand why I easily got results and others didn't or couldn't even get started, I realized there were things missing from most traditional fitness advice.

It was that simply knowing **WHAT** to do isn't always the problem, it's understanding **WHY** people do what they do (or don't do what they don't do) that really determined whether someone would be successful.

To give an obvious example, how many people make a New Year's Resolution to get fit, "know" what they should do, but then don't follow through?

It was after researching this that I understood why Shane and I were able to make rapid shifts in our health and fitness, despite the fact that both of us were terribly unhealthy and out of shape, and how the same things that triggered us to make a change and stick with it can be applied ON PURPOSE in anyone who wishes to make a change.

That means if you've struggled to "get yourself motivated," then you can re-program your mind so that you will be unstoppable in doing what you actually want to do instead of feeling like your life is run by your "habits" and "emotions."

Imagine being able to "brainwash," for lack of better word, yourself **on purpose** so that you do exactly *what **you** want to do* and enjoy every minute of it.

Warning: Knowing how to apply this may cause you to rapidly become **extremely** sexy and desirable to the point others may become jealous.



In case you were wondering... here's my credentials

What makes Excuse Proof Fitness different?

After years of research and experimentation, I knew what worked for me and for others, and I also knew strategies that were so stupidly “ex-cuse-proof” that ANYONE could use them to get results no matter what their circumstances were. The problem I faced however was that almost everyone had their excuses preventing them from even getting started.

So I identified 3 elements that would enable anyone, regardless of their circumstances, to get started and stay on the path to lifelong success:

1. Getting in the right frame of mind so you are actually *excited* by health and fitness and making it something you enjoy for the rest of your life. This works even if you are repulsed by the thought of eating salads and drinking water all the time (which luckily you don't have to do!) like I was when I first got started.
2. Knowing the most effective and efficient strategies so you can get in incredible shape and look downright **sexy** without sacrificing wasted hours exercising, cooking meals, or obsessing over calories and food. These strategies must also be **so effective** they work even if you have the “world's worst genetics” and obesity and/or health issues have been with you all of your life and run in the family.
3. Knowing how to **keep** your results forever. That means you don't just get in great shape, but you're able to stay in great shape for the rest of your life no matter how crazy your life gets. “Calorie counting” *is out*, and 5 minute fat eliminating health building meals *are in*.

The problem with other many products and programs:

There are a lot of **great** programs, trainers, tools, and advice out there. But there's probably a heck of a lot more crappy stuff, gimmicky infomercials and hyped up “magic pills” being pushed on people.

The truth is, you really don't need a lot of that stuff when you really understand human physiology. Even if you've “tried everything” and nothing worked, I can promise you there's a lot of cutting-edge stuff emerging in research about how we can even overcome “genetic limitations” to reprogram the body to be lean and sexy, but it doesn't come from following most of the typical advice out there to “eat less, move more” which can sometimes do more harm than good!

Another issue with these programs is they tell you it should be super easy and you'll lose 10 pounds each week. Although that can be done, what if you aren't able to keep those results? A lot of people who lose a significant amount of weight gain it all back within a couple years. (Except those who follow the strategies shared throughout Excuse Proof Fitness)

The truth is there are going to be some challenges and it *isn't* always easy, but when you have the right "tricks" and "tools," you can easily overcome many of the challenges and actually thrive because of them. But that takes ignoring the hype you've been sold and focusing on what really gets results.

So what makes "Excuse Proof Fitness" different, and why I created it is because while a lot of programs focus on "what to do," I included the "how to get yourself to do it" component. That means focusing on all 3 elements by:

1. Developing unstoppable motivation through the latest research in psychology and human behavior on "reprogramming your emotions" to be thrilled by health and fitness and excited each day to see your body transforming in front of you both on the INSIDE and out.
2. Teaching you the latest and greatest strategies for rapid fat loss, muscle and strength gain, and how to shape your body closer to what you desire in a way that is **safe** and **permanent**!
3. Giving you strategies and tips so simple and "excuse-proof" that ANYONE can get themselves to do them even if they are crazy busy, dead broke, stressed out and overwhelmed, or can be just plain lazy.

I must warn you a lot of this stuff may seem a little "unconventional" or appear like it has nothing to do with health, fitness, and getting sexy.

But remember, that's because much of what you may have been told has only been fraction of what you "NEED" to know. I'm giving you part of the **complete** blueprint on how to change your body and mind from the inside out.

That means I'm including things from advanced psychology, genetic research, and other areas of study outside of diet and exercise. So some of it may sound like "therapy" or seem "silly," but you have to decide do you want to do what seems "cool" or "normal" only to get crappy results like everyone else, or do you want to apply what will have a **profound** effect even if it seems silly or like it may not work?

I ask that you reserve judgment until you give some of these things a fair shot. Most of the stuff I share has some serious scientific backing and/or real world results to demonstrate effectiveness.

If you **diligently** apply one of these strategies and it's not for you, by all means ignore it and move onto the next strategy. Some of this stuff isn't for everyone, and that's cool.

Everything, including the emotions you feel to the foods you eat, and even the people you hang out with affects the chemicals and hormones in your body to move you closer to or further from a drop dead sexy body. When you set everything up to work *in your favor*, you'll find yourself getting sexier, with less effort, and **keeping** the results for the rest of your life without losing sleep or missing out on enjoying life.

I have literally hundreds of pages of cutting-edge techniques to accomplish all of this, and there's some pretty advanced stuff that's not for everyone. But some people just want a few simple but powerful things they can do TODAY to get them on the fast-track to sexy.

So I created this guide to give you a few of the absolute most essential things to know and give away some of my best strategies like:

- How to naturally, instantly, and safely eliminate stress and balance the body's hormones to a state of fat burning and healthy recovery. Research from a leading health institute has shown significant strengthening of the body's immune system to overcome "chronic" illnesses using this one weird "trick."
- Find out why your habits keep you stuck, and how you can toss out your old habits as easily as you toss out trash then "program" the habits YOU want **on demand**.
- How to get yourself excited by health and fitness so you CAN'T STOP yourself from exercising and enjoying delicious healthy meals, even if you *hate* physical fitness and are currently are REPULSED by anything "good for you."
- A powerful "mind hack" that works to activate the area of your brain responsible for problem solving so you can tap into your inner "creative genius" to find solutions to your problems *without having to rely on others*.

- Why all the debate on the “best” diet is just keeping you stuck and out of shape, and how to get around all of the overwhelming conflicting and confusing information to get to what REALLY works to strip pounds of fat of your body and **keep it off** safely.
- How to make “fast food” meals in less than 5 minutes that last for days, taste delicious, and cost a fraction of the price as going to the nearest drive through!
- The little known and *free* “technique” that will reduce inflammation, provide endless antioxidants to fight aging, and re-balance your circadian rhythms. Aging and disease skyrocketed after people stopped doing this one thing, and 99% of people are guilty of not addressing it. HINT: It has **nothing** to do with diet or exercise.
- Why you can throw away those expensive and dangerous fat burners and replace them with a *dirt cheap* product from any grocery store that will help your body burn fat, fight aging, and improve your health while making meals taste delicious.
- Find out the essential nutrients you are almost **guaranteed** to be deficient in. Warning: A healthy diet or “multivitamin” alone will almost *never* fix these.
- Learn why the vast majority of people who get in great shape won't keep their results and will end up FATTER and LESS HEALTHY years down the road and how **you** can avoid being one of them with one rarely discussed *secret to permanent fat loss*.

Plus a WHOLE LOT more... Enjoy!

CODE RED!

Your sexy body has been taken hostage by body fat.

This fat is stubbornly refusing to cooperate with negotiations.

We are now initializing a rescue mission to bring your sexy body back.

Mission Directive:

Rescue your sexy body and bring fat under your control quickly, safely, and permanently.

Mission Overview:

INTEL ON FAT:

Fat has built an intense defense system to prevent itself from being taken out.

It alters the sexy body's genetics and tricks you into thinking there is nothing you can do to change this.

It feeds off of toxins, junk food, and a sedentary lifestyle to keep itself thriving.

It sucks health, energy, and vitality from the naturally sexy/healthy body to keep it from fighting back.

It uses persuasive propaganda tricking you to believe you are powerless to stop it because of "lack of time," "lack of money," and/or "lack of willpower."

HOW WE'LL WIN:

Fat's defense is mostly smoke and mirrors. Numerous world class experts from a variety of fields including athletic training, nutrition, neuroscience, psychology, performance medicine, genetic research, longevity and more have discovered fat's weak points and developed strategies to successfully overcome its defenses quickly and safely in all types of individuals no matter the circumstances or stubbornness of the fat.

We've compiled these field tested protocols into this guide to give you the resources you need to rescue your sexy body. Although there are many ways to tactically rescue a sexy body from fat, we've provided seven essential time-tested user friendly strategies in this survival guide which when used together, will virtually guarantee a successful rescue operation.

This will be a challenge, but you will have the tools and step-by-step plan to get through it.

Do you accept this mission....?

The Objectives and Strategies

Objective 1: Overcome Fat's Defenses

Strategy 1 : Manage Stress

Successful Outcome:

Re-balance hormones by reducing fat storing hormones and increasing fat burning hormones. The immune system improves significantly.

Alter the body's genetic expression to favor "health" vs "protection" mechanisms

Decrease sense of "overwhelm" while maintaining a healthy level of "good" stress to promote favorable neural-pathway development in the brain to in-grain healthier behaviors with ease.

Why This Works:

It's been estimated that over 95% of diseases has a stress component. Stress, or lack thereof is also one of the body's biggest signals for how it alters genetic expression. (Yes, your genetic expression can be altered and isn't set in stone from birth.

Check out: <http://www.youtube.com/watch?v=Xjq5eEslJhw>, <http://www.youtube.com/watch?v=4iCcnDuY6-4>, and the book [Biology of Belief](#) by Dr. Bruce Lipton

While a small amount of stress can be beneficial to the body (think exercise) by promoting favorable adaptations and increasing neural-pathway development, excess and in particular chronic stress will cause numerous problems such as fat gain, muscle loss, decreased performance, loss of sex drive, and psychologically speaking a desire to avoid anything that adds further stress.

Why is that last point important? Because doing ANYTHING new can cause a small increase in stress. Think about the average person who lives off of junk food and reality TV trying to eat healthier and exercise. Most people know they "should" do those things, but because those activities new and different, they will be slightly stressful at first.

Since people tend to already be overstressed, their bodies and minds naturally resist these new "healthy" behaviors simply because it perceives they

will add even more stress and feelings of being overwhelmed. Hence the New Year's Resolutions that never quite pan out.

If you can learn to manage stress, you'll be able to de-clutter your life of all the nonsense that is getting in the way of you really doing what you want to do. This means new activities like getting in great shape become "fun challenges" rather than overwhelming burdens done out of "necessity."

Stress and emotions go hand in hand. Research from the Heartmath Institute (heartmath.org) has shown that the heart is a powerful influence on the body's chemistry and emotional state. Where it was commonly thought the brain controlled everything, we now know that the heart actually sends more signals **to** the brain and has significant control over how we feel.

This may be hard to wrap your mind around since we are often taught the brain is the control center, but actually it appears as though the brain is often **responding** to signals sent **from** the heart.

The heart sends out pulses of information that can be measured on a heart rate variability monitor (HRV). Emotional states such as love, gratitude, joy, and the like produce a nice coherent readout on a HRV, whereas stressful states like anger, anxiety, hatred, and the like produce distorted readouts.

The research has found the change in the heart rate is a signal to the brain, which in turn sends a signal to the rest of the body to either get stressed out, or to start healing. Something as simple as feeling anger for instance drops the immune function significantly, even long after the feelings have passed while feelings of gratitude enhance immune function.

If anyone is tempted to think this is some fringe "psuedo science," realize the impact of emotions and stress on health has long been documented in mainstream medicine, but we are just now beginning to understand why and have the tools to objectively measure this.

For more science and research, I suggest visiting <http://heartmath.org/>

Watching This Youtube Video: http://youtu.be/Kyfm5_LLxow and read the book " [The Heartmath Solution](#)

Stupid Simple Summary:

*Excess stress in various forms including emotional stress (overwhelm, anger, anxiety, hatred etc), and external stress (toxins, poor diet, etc.) **directly** creates health problems of the body and keeps the body in a fat storing*

state and out of a fat burning state. It also **indirectly** interferes with fat loss efforts by making a person weaker, reducing their willpower, and generally making them not want to do anything to leave their comfort zone and old unhealthy habits.

How To Fix It:

Breathing Meditation:

Meditation is an excellent tool to balance the body and the mind and can even create long-lasting changes in the structure of the brain. You don't have to become some monk, new-age hippie, or ultra spiritual dalai lama to benefit from meditation. Studies conducted taking brain scans of people regular practicing meditation show the real world benefits on their body and brains' health and chemicals as well as in their everyday life.

Check out:

<http://abcnews.go.com/Health/meditation-brain-rewire-study/story?id=15001280>

<http://well.blogs.nytimes.com/2011/01/28/how-meditation-may-change-the-brain/>

If we know exercise benefits the body from activity, taking time to recover and rest through meditation is then important for balance.

To begin your daily meditation practice for reduced stress (and many other surprise benefits), you can do something as simple as focused breathing. Practice 3-5 minutes of breathing meditation to calm body and mind where you simply bring your conscious awareness to your breathe slowly going in and out. Feel free to increase to 10-15 minute meditation sessions.

As opposed to breathing with your chest, focus on breathing in and out slowly through your diaphragm or stomach area. Your shoulders will remain level. Deep breathes through the diaphragm activate the parasympathetic nervous system to calm the body down and shut down the stress response.

The research from the Heartmath Institute finds that imagining the air you're breathing is coming in and out of the heart area and focusing on feelings of peace, relaxation, and gratitude puts the HRV into a coherent state.

You can consciously produce these feelings with practice. To begin with, it may help to say the words "peace, relax, be calm" or whatever you want to yourself and/or imagine something that brings about those feelings like a peaceful scene, a happy experience, or things you're grateful for in life.

It really doesn't matter so long as you generate those feelings and learn to create those feelings on demand. That way, you can reduce stress and manage it **on demand** when life gets hectic and you don't have time or the ability to sit down and do a meditation session.

Letting Go:

Believe it or not, we have the power to control our emotions and can choose to let go of stressful feelings at anytime. It does take practice however because most people have been programmed for a lifetime to either suppress their emotions, or alternatively be completely run by them.

The key is to first practice the ability to welcome your feelings without resistance to them. This is hard for many, but getting better at it frees you from being ruled by your emotions or fearing them.

Welcome and allow emotions to be rather than attempting to suppress them. Allow yourself to feel them fully and then you may ask yourself if you would like to let this (feeling) go. You may also ask "Would I rather feel this or would I rather be at peace?" Repeat as necessary.

Check out:

[The Sedona Method Book](#)

Forgiveness:

Forgive those who've wronged you, and seek forgiveness from others.

Now before you think I've gone from a "fitness guy" to "spiritual preacher guy," realize this is coming from not just a spiritual angle, but from a physiological and psychological angle. Carrying anger, hatred, grudges, and the like is more poisonous than nearly any food you can eat as your body can **literally** be producing poisonous substances while in these emotional states. This may be true even if you are unaware that you have these feelings because they've been suppressed.

This is not merely an option or suggestion, but a necessity for health, wellness, and well being in all areas of your life. Emotions are an often unad-

dressed "missing link" in many fitness programs. Nothing else done can replace this step.

Check out:

http://greatergood.berkeley.edu/article/item/the_new_science_of_forgiveness

Besides the direct damage of these emotions, indirectly, when a person wants to take away underlying emotional pain, they will often resort to lifestyle behaviors to mask the pain which often in themselves are not healthy like excessive drinking, harmful drugs, smoking, overeating, etc.

I challenge you to forgive and seek forgiveness, otherwise you can be quite literally poisoning your body daily with the toxicity of anger, resentment, guilt, shame and similar emotions all of which not only cause a decreased enjoyment of life, but interfere with optimal health and fitness.

Tip to forgive others - You're **not** saying what they did was *right* or acceptable, but you're choosing to allow love to replace the toxic feelings and restore not only your health but get a piece of your life back. Understand people usually do the best they can in any circumstance. Imagine living in their shoes for a while and see if you can get why they did what they did, or how if they could truly understand the pain and wrongness of their actions they never would have done what they did.

Tip to forgive yourself - Understand you often did the best you could in any circumstance. If you have wronged someone else, tell them you're sorry if possible. If you can right the wrong, do so. Call them, email, or at least write a letter and keep it to yourself until you're ready if you want to send it. If you are unable to reach them directly or they have passed away, simply imagine yourself facing them and letting them know you're sorry and accepting their forgiveness will work. If it helps to get in touch with the feelings you can say things like "I love you, I'm sorry, please forgive me, thank you" to yourself. If the person you harmed was *yourself*, still do the same.

Yes, this may sound a bit silly, and being a masculine logical thinking guy myself I find it can be easy to write this stuff off as a bunch of "woo woo BS," but I recommend it because I've seen it work in myself and many others. If there is even a slight possibility it could improve your well being or help you achieve your goals, don't you think it's worth a try?

Helpful Tips:

Remember you only have this present moment. When the mind wanders to thoughts of the past or future, imagine a magnet pulling all your scattered thoughts back to you in this moment.

Where you focus your attention expands. Make notes of what can be done later without dwelling on a future that hasn't happened or may not happen, and place your highest attention on what is in the present or "now." You can only change the future by what you do in the present moment.

If you find yourself overwhelmed by all that is "going wrong," take a moment to consider or write down everything in your life that is "going right" and experience sincere gratitude by choice.

Stretch rather than break your comfort zone.

Your emotions are useful tools and guides and all emotions have their place and are part of the human experience. The key to being able to "let go" of emotions is to first welcome and listen to what they're there to tell you. You are the master of your own feelings including how you let things affect and stress you.

Practice "letting go" daily. With practice, you can let go of virtually any emotion including anxiety, fear, worry, regret, and the like.

Visit <http://heartmath.org> for free stress relief information, tools, and education.

**"The best way to reduce stress in your life is to stop screwing up." -
Roy Baumeister, PhD**

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