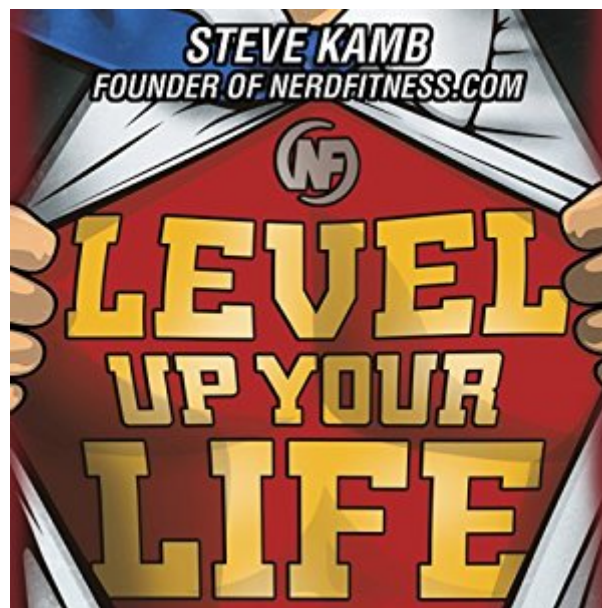


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# Level Up Your Life: How To Unlock Adventure And Happiness By Becoming The Hero Of Your Own Story



## Synopsis

For the past five years, Steve Kamb has transformed himself from wannabe daydreamer into a real-life superhero and actually turned his life into a gigantic video game: flying stunt planes in New Zealand, gambling in a tuxedo at the Casino de Monte-Carlo, and even finding Nemo on the Great Barrier Reef. To help him accomplish all of these goals, he built a system that allowed him to complete quests, take on boss battles, earn experience points, and literally level up his life. If you have always dreamed of adventure and growth but can't seem to leave your hobbit hole, Steve's book, *Level Up Your Life*, is for you. He will teach you exactly how to use your favorite video games, books, and movies as inspiration for adventure rather than as escapes from the grind of everyday life. Hundreds of thousands of everyday Joes and Jills have joined Steve's Rebellion through his popular website, [NerdFitness.com](http://NerdFitness.com), and leveled up their lives - losing weight, getting stronger, and living better. In *Level Up Your Life*, you'll meet more than a dozen of these members of The Rebellion: men and women, young and old, single and married, from all walks of life, who have created superhero versions of themselves to live adventurously and happily. Within this guide, you'll follow in their footsteps and learn exactly how to:

- Create your own Alter Ego with real-life super powers
- Build your own Epic Quest List, broken into categories and difficulty levels
- Hack your productivity habits to start making progress
- Train your body for any adventure
- Build in rewards and accountability that will actually motivate you to succeed
- Travel the world freely (and cheaply)
- Recruit the right allies to your side and find powerful mentors for guidance

Adventure is out there, and the world needs more heroes. Will you heed the call?

## Book Information

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## Customer Reviews

There I was, buckling my seatbelt at the start of a 3 hour flight from Dallas to Indianapolis. I exchanged a verbal hello to the people crammed next to me, before twisting my body to retrieve my copy of Level Up Your Life from my laptop bag. I was already familiar with Steve's work and mission. I remember years ago when he first started sharing his story, his passion for adventure, and his tactics for making life into a game on his blog. I'd watch the Nerd Fitness community grow from just a few people to hundreds of thousands of Rebels from all over the world. So, I was curious to read at least the first few chapters of his first book to start my flight off on a good note. Before I knew it, my reading was interrupted the captain over the loud speaker "Stewardesses prepare the plane for landing..." Glancing down at my phone, over two hours had passed and I was only a few chapters away from having blasted through the entire book in one sitting. Not only that, but beside me was my notebook with a list at the top that said "Baker's Epic Quest." It was broken down by category with goals and tasks large and small scribbled down each column. On the opposite page was a list of allies I could recruit to help me with various "quests" and several changes I wanted to make to my "batcave" when I got home. To be honest, I expected Level Up Your Life to be good. But I did not expect the book ITSELF to be an adventure to read. It's chocked full of specific, tangible advice and tactics that you can apply right away - but the whole thing is wrapped in a blend of references to movies, books, and games from my childhood. There are no shortages of books with advice on how to tweak or improve your life.

Nerd Fitness has meant a lot to me over the years. It all began when I had the weird good fortune of meeting Steve back in the early days of Nerd Fitness when I too was writing online about health and fitness within an unconventional life. An unabashed fan of hero's journeys of all kinds, I knew instantly that my early writing didn't contain the same magic as Steve's. He was on to something truly special. I knew that it was only a matter of time before he amassed a small army of loyal fans and supporters around him. And I knew it was only a matter of time before he assembled all his wisdom, geekdom, selflessness, and charisma into a book that would change the lives of millions. I share this little story to disclose both that Steve is a good friend of mine and that I had the great pleasure to work on this book. From my vantage point helping Steve structure and refine his manuscript, I can honestly tell you that Steve put his heart and soul into this book. It's so much more than just another health and fitness book. Level Up Your Life is an authentic and complete framework for living a life based on the lifelong quest for personal achievements that matter to you and make a difference to others. As dear Bilbo once told young Frodo, a quest is a dangerous

business, Frodo, going out your door. You step onto the road, and if you don't keep your feet, there's no knowing where you might be swept off to. •Level Up Your Life channels Bilbo's and Frodo's sense of adventure while serving as your guide, helping you deliberately think through a leveling up structure • that makes sense for your goals and interests.

I like to think I'm a guy who has his sh\*t together. But I stand in awe of what Steve has been able to accomplish with his own life and with Nerd Fitness. This is simply one of the best books I've read in recent memory, and I have three reasons why: Reason 1: It's the perfect balance of "how to" and inspiring adventure. Steve is a master storyteller. I felt like I was sitting at the blackjack table with him in Monaco and trekking next to him through Machu Picchu. The dude's hilarious and inspiring and he breaks down everything he's learned about self-improvement, courage, and personal fulfillment in a way that's accessible and action-oriented. I read the book in one day, took like 7 pages of notes, and proceeded to annoy the hell out of my girlfriend by talking about it incessantly the rest of the evening. Reason 2: It's so beautifully meta. The book is (more or less) centered on the Hero's Journey and shows you how to walk through each step in your own life. THE HERO'S JOURNEY Ordinary World Call to Adventure Refusal of the Call Meeting with the Mentor Crossing the Threshold Tests, Allies, and Enemies Approach the Inmost Cave Ordeal Reward Road Back Resurrection Return with the Elixir But Steve doesn't just tell you about the Hero's Journey and give you a few tips on how to embark on your own. Instead, he takes you through your own journey WHILE YOU'RE READING THE BOOK. You know that feeling when you're learning a thing...and then you suddenly realize the person who's teaching you that thing is actually DOING THE THING as they teach you? Isn't that a great feeling?

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