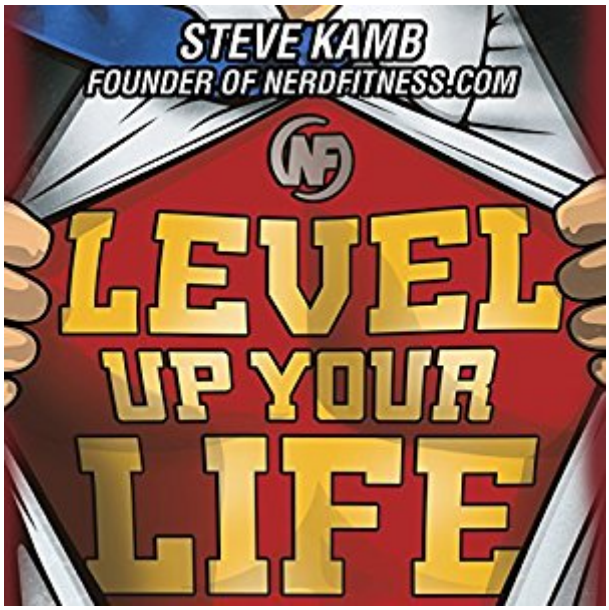
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Level Up Your Life: How To Unlock Adventure And Happiness By Becoming The Hero Of Your Own Story



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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, 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

Audible Audio Edition
Listening Length: 6 hoursÃ Â andÃ Â 49 minutes
Program Type: Audiobook
Version: Unabridged
Publisher: Audible Studios
Audible.com Release Date: March 7, 2016
Language: English
ASIN: B01B8IRSDY
Best Sellers Rank: #63 inÃ Â Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #118 inÃ Â Books > Audible Audiobooks > Nonfiction > Travel #644 inÃ Â Books > Sports & Outdoors > Nature Travel > Adventure

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 form having blasted through the entire book in one sitting.Not only that, but beside be 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. Some are good, others... not so much. But in my experience, very few of them have that magic factor that makes it FUN to start dreaming, applying, and changing your life.That's what Level Up Your Life does better than any book I've read in the last 4-5 years. It makes it FUN. I was swept away to a world where I was planning out my Epic Quest. Where I was outlining what "boss battles" I would need to overcome along the way. I imgained what it would be like if I could train my body to support my goals and not hold me back. I planned out my families next trip overseas.At the same time, I was aggressively scribbling down lists of steps. Writing down specific tweaks I wanted to make when I landed. I was doing more than dreaming, I was organizing exactly how I could get from where I was to where I wanted to be.It's no surprise I loved Steve's writing, I thought I would. But what did surprise me is how much I bought into the gamification system he's laid out for his own life. And it wasn't just his example, there were many other readers and Rebellion members he outlined who shared similar goals to me (including the dad who did martial arts with his son, something I do twice a week with my daughter as well).I feel like this book is a MUST read for anyone who recognizes they want to make to add more adventure and happiness into their life and are looking for a system that is not only effective in getting results, but is

FUN and inspiring to get swept up into, as well.I de-boarded that plane flight not only with a huge smile on my face, but with a notebook full of tangible changes I could start making that very day.I'm pumped up to make 2016 an amazing year of adventure and positive change. And I have Level Up Your Life to thank for that.

This book is very similar to his blog that I already read (Nerd Fitness), but it was still helpful to read it all at once, rather than just 1-2 posts per week. If you already read the blog you might not gain much more knowledge, but it was still inspiring for me to read. I was also hoping for a specific plan rather than just vague, "go do it" recommendations, but I liked it overall.

As other reviewers note, much of what is covered here is available at Kamb's Nerd Fitness website. This compilation of ideas and encouragement is valuable, though, because it lays much of that material out in one place, includes new personal narrative and insight, and serves to further embolden those looking to do more and to be more. The most useful piece of advice I've picked up from both this book and the website is the repeated mantra that we do not get to choose where we are; we can only choose where we'll go. There are sections that could be usefully expanded (I love the "experience points" and personal quests ideas, but there isn't any suggestion about how to actually put these into an overall framework), and some of the sections feel a bit disjointed from the whole, as though they were tacked on. A revised edition with further illumination and explanation would be most welcome. As it stands, though, this is still an inspiring and worthwhile read.

What a fun, new way to look at goal setting, habit building and bucket lists! Love it! I'm definitely a reader of "self help" books - time management, habit building, productivity hacks, etc. This book conveyed such a neat idea of turning your life into a real version of a video game. Okay, written out like that, the idea sounds a little, ummm, "nerdy." But the idea works. I've spent hours and hours playing video games, even when the game isn't as fun as when it was new, I was still playing to "level up" my character. I would justify my hours of playing by reminding myself that I worked hard at running my business all day, I worked out in the morning and my house was clean. So those evening hours I could spend any way I wanted. But I still felt a little guilty at wasting so much time on something that really didn't matter in the "long run." So I cut back my playing time and did something more productive in the evenings, but spending my evening working after my normal work day ended didn't make me feel better - it felt like a punishment. Sure I got projects finished quicker, but I wasn't having fun. This book turned my ideas around. It helped transform my thinking from "I

have to" to "I get to." Now instead of spending hours staring at a screen, I'm learning new skills and having fun with it. In the book, there's an idea of quests and mini-quests. I made a mini-quest to hike to 10 waterfalls in 4 months. I've already seen 4, and it's only been three weeks. Instead of working out at the gym, I take a hike to see the sun rise over the mountains. Even working is funner. I feel like I'm living life to the fullest now. Of course, certain events led up to some of these changes, but Level Up Your Life helped put things into perspective and really pushed me to do more to enjoy life, create memories, learn new skills and grow both professionally and personally. On another note: I love sci fi and fantasy and the author incorporated some quotes and references, which added to my enjoyment. Not too much that is was distracting, but enough to convey a point. The books also incorporates science tests and facts about addiction and why so many people can get lost for hours either gaming or watching TV and then shows you how to put that knowledge to good use. I recommend this book to all of my friends who are frustrated about how much time they "waste." I'm not sure how well this book would be received by some one who hasn't played a video game before but I'm sure they could find something valuable.

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