

LIFE IS A GAME. PRESS START!

"I stayed up all night in Qatar reading this! Steve Kamb is not only a real-life James Bond, he's also written a damn good book."

—CHRIS GUILLEBEAU, *New York Times* bestselling author of *The Happiness of Pursuit* and *The \$100 Startup*

Jason Bourne. Indiana Jones. Steve Kamb? For the past 5 years, Steve Kamb has transformed himself from wanna-be daydreamer into a real-life superhero. Not only that, but he 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. Best of all, he did all of this without breaking the bank.

If you're somebody who's always dreamed of adventure and growth but can't seem to leave your hobbit-hole, this book is for you. Steve will teach you exactly how to use your favorite video games, books, and movies as inspiration for adventure rather than an escape 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 too—losing weight, getting stronger, and living better.

In *Level Up Your Life*, you'll meet more than a dozen of these members of the 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 like Jason Bourne
- Build in rewards and accountability that will actually motivate you to succeed
- Travel the world freely (and cheaply) like Indiana Jones
- 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?

STEVE KAMB is the force behind Nerd Fitness, a worldwide community of nerds and average Joes helping each other level up their lives. He lives in New York City and hopes to one day become Captain America.

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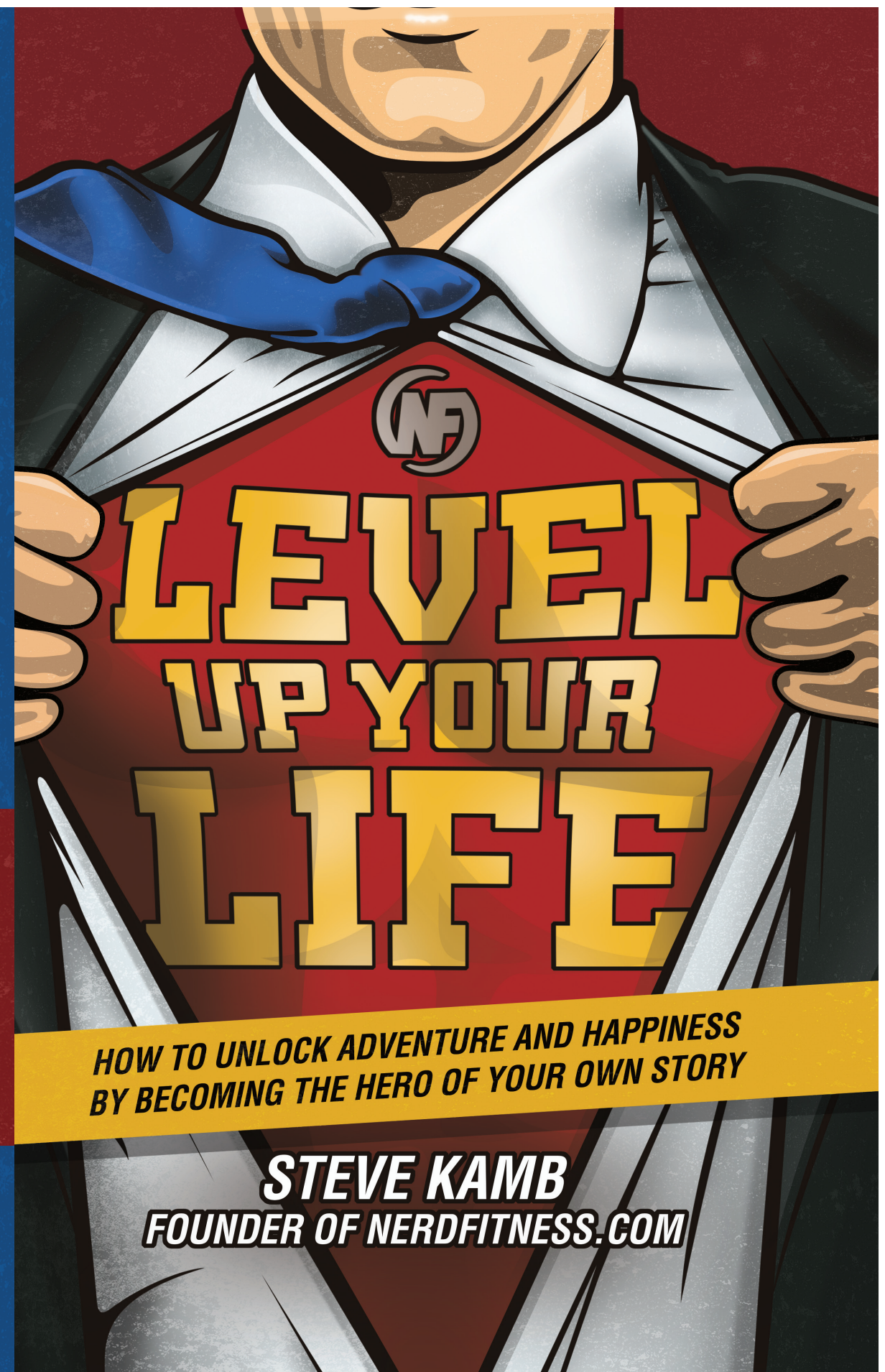


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STEVE KAMB

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STEVE KAMB
FOUNDER OF NORTHTRIBE.COM