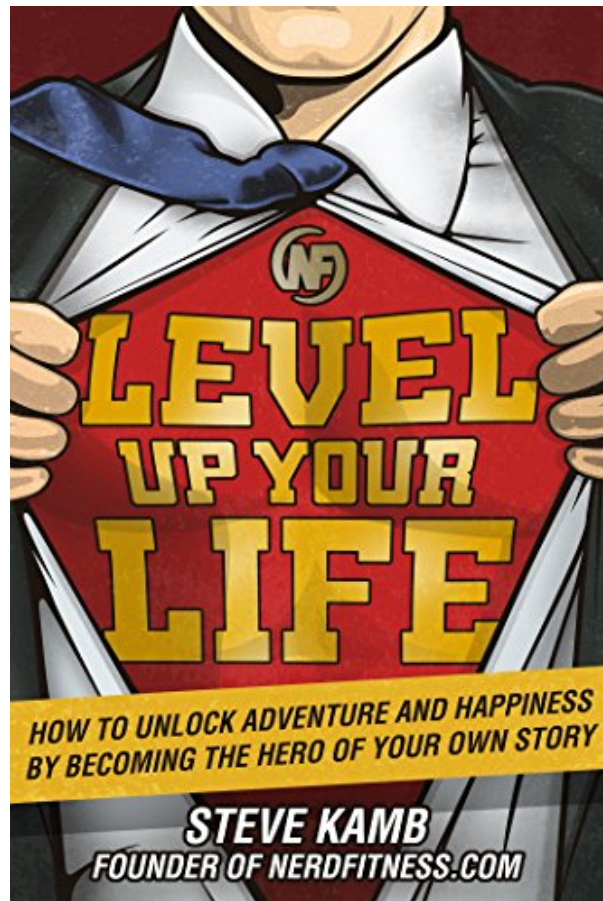
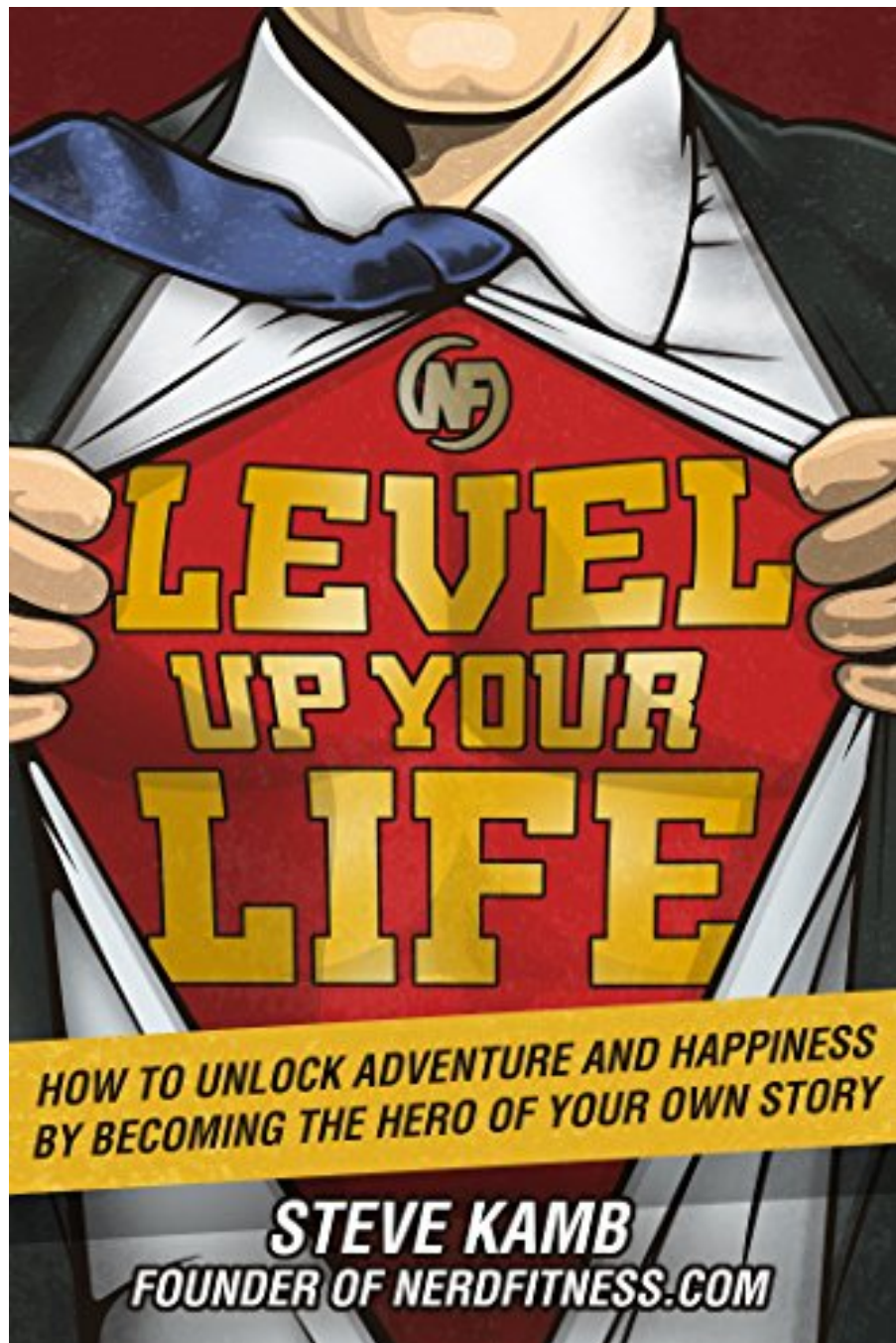


LEVEL UP YOUR LIFE: HOW TO UNLOCK ADVENTURE AND HAPPINESS



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For the past 5 years, Steve Kamb has transformed himself from wanna-be 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 GreatBarrier 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 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--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?

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- Released on: 2016-01-12
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Features

- Rodale Press

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Most helpful customer reviews

107 of 114 people found the following review helpful.

I expected it to be good. But I did not expect the book ITSELF to be an adventure to read...

By Adam Baker

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. 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 imagined 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.

7 of 7 people found the following review helpful.

similar to the blog

By alicia

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.

4 of 4 people found the following review helpful.

Energizing Advice for the Nerd with Dreams

By Michael

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.

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