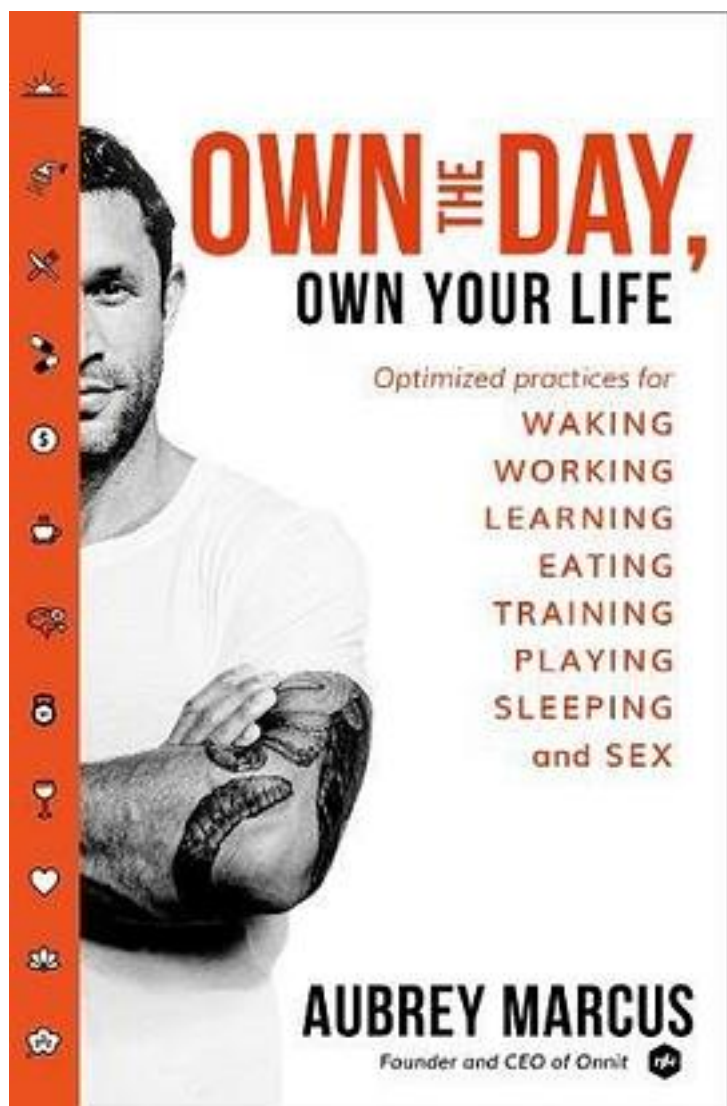


# Own the Day, Own Your Life



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## 标签

健康

spirituality

B

## 评论

Extremely basic info. Eat well. Sleep well. Work out and Play, even talking about vaping and chewing tobacco? For the people who haven't started doing these things, the author's plan will be overwhelming. For those who do, there's nothing new.

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早起三件事：1/ 冷水洗漱、深呼吸 2/ 煮鸡蛋再吃兵豆罐 3/  
阳光再加一杯水（海盐+）

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1/睡前少喝水，早上起来不要喝咖啡，喝一杯加了柠檬和一点盐的柠檬水。2/不能经常晒太阳的话就吃点营养品补充维D。3/不要一天三餐都吃碳水，容易升血糖，引起一些疾病，碳水、蛋白质和脂肪要均衡搭配。4/一个20分钟的午睡会比夜晚充足的睡眠和狂喝咖啡让人更有效率。5/开始运动时不要设置太大的目标，也不要只练一个部位，多注重全身健康。6/enjoy more  
sex，对身、心都有好处，多吃牛油果、野三文鱼和坚果能drive you have more sex.

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书评

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