# ДА ПРОМЕНИМ ИГРАТА

## КАКВО ПРАВЯТ ЛИДЕРИТЕ, НОВАТОРИТЕ И ЕКСЦЕНТРИЦИТЕ, ЗА ДА ПОБЕЖДАВАТ В ЖИВОТА

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ЕУНИКАТА

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# Препоръчани материали за четене и слушане на английски език

# Бележки от книгата

## Първи закон: Използвайте силата на „не”

**Препоръчва се за слушане**

- Stew Friedman, “Be Real, Be Whole, Be Innovative,” *Bulletproof Radio*, episode 83
- Stew Friedman, “Success, Leadership & Less Work,” *Bulletproof Radio*, episode 196
- Jeff Spencer, “Success Intoxication & the Champions Blueprint,” *Bulletproof Radio*, episode 213
- Tony Stubblebine, “Getting Out of Your Robot Mindset,” *Bulletproof Radio*, episode 296

**Препоръчва се за четене**

- Stewart D. Friedman, *Leading the Life You Want: Skills for Integrating Work and Life*

## Втори закон: Никога не откривайте кои сте вие

**Препоръчва се за слушане**

- Brendon Burchard, “Confidence, Drive & Power,” *Bulletproof Radio*, episode 190
- Brendon Burchard, “Hacking High Performers & Productivity Tricks,” *Bulletproof Radio*, episode 262
- Robert Greene, “The 48 Laws of Power,” *Bulletproof Radio*, episode 380
- Dan Sullivan, “Think About Your Thinking: Lessons in Entrepreneurship,” *Bulletproof Radio*, episode 485

**Препоръчва се за четене**

- Brendon Burchard, *High Performance Habits: How Extraordinary People Become That Way*
- Robert Greene, *The 48 Laws of Power*

## Трети закон: Когато казвате, че ще опитате, вие лъжете

**Препоръчва се за слушане**

- JJ Virgin, “Fighting for Miracles,” *Bulletproof Radio*, episode 386
- Jack Canfield, “Go Beyond Chicken Soup & Confront Your Fears,” *Bulletproof Radio*, episode 471

**Препоръчва се за четене**

- JJ Virgin, *Miracle Mindset: A Mother, Her Son, and Life’s Hardest Lessons*
- Jack Canfield with Janet Switzer, *The Success Principles: How to Get from Where You Are to Where You Want to Be*

## Четвърти закон: Дори вашите погрешни убеждения са верни

**Препоръчва се за слушане**

- Vishen Lakhiani, "10 Laws & Four-Letter Words," *Bulletproof Radio*, episode 309
- Robert Cooper, "Rewiring Your Brain & Creating New Habits," *Bulletproof Radio*, episode 261
- Gabrielle Bernstein, "Detox Your Thoughts to Supercharge Your Life," *Bulletproof Radio*, episode 455

**Препоръчва се за четене**

- Vishen Lakhiani, *The Code of the Extraordinary Mind: 10 Unconventional Laws to Redefine Your Life and Succeed on Your Own Terms*
- Robert K. Cooper, *Get Out of Your Own Way: The 5 Keys to Surpassing Everyone's Expectations*
- Gabrielle Bernstein, *The Universe Has Your Back: Transform Fear to Faith*

## Пети закон: Високият Коефициент на интелигентност не ви прави интелигентни, но ученето ви прави

**Препоръчва се за слушане**

- Jim Kwik, "Speed Reading, Memory & Superlearning," *Bulletproof Radio*, episode 189
- Jim Kwik, "Boost Brain Power, Upgrade Your Memory," *Bulletproof Radio*, episode 267
- Dan Hurley, "The Science of Smart," *Bulletproof Radio*, episode 104

**Препоръчва се за четене**

- Dan Hurley, *Smarter: The New Science of Building Brain Power*

## Шести закон: Запаметявайте образи, не думи

**Препоръчва се за слушане**

- Mattias Ribbing, "Mastering Memory," *Bulletproof Radio*, episode 140
- Jim Kwik, "Speed Reading, Memory & Superlearning," *Bulletproof Radio*, episode 189
- Jim Kwik, "Boost Brain Power, Upgrade Your Memory," *Bulletproof Radio*, episode 267

## Седми закон: Не можем вече да пренебрегнем хапчета за поумняване

**Препоръчва се за слушане**

- "Mashup of the Titans" with Tim Ferriss, Parts 1 and 2, *Bulletproof Radio*, episodes 370 and 371
- Tim Ferriss, "Smart Drugs, Performance & Biohacking," *Bulletproof Radio*, episode 127
- "The Birth of LSD" with Stanislav Grof, Father of Transpersonal Psychology, *Bulletproof Radio*, episode 428
- Steven Fowkes, "Increase Your IQ & Your Lifespan for a Dime a Day," *Bulletproof Radio*, episode 456
- Steve Fowkes, "Hacking Your pH, LED Lighting & Smart Drugs," Parts 1 and 2, *Bulletproof Radio*, episodes 94 and 95

**Препоръчва се за четене**

- Michael Pollan, *How to Change Your Mind: What the New Science of Psychedelics Teaches Us About Consciousness, Dying, Addiction, and Transcendence*

## Осми закон: Излезте от главата си

**Препоръчва се за слушане**

- Alberto Villoldo, "Shamanic Biohacker," *Bulletproof Radio*, episode 79
- "Adventures in Ayahuasca and Psychedelic Medicine" with Dennis McKenna, *Bulletproof Radio*, episode 329
- Rick Doblin, "Healing with Marijuana, MDMA, Psilocybin & Ayahuasca," *Bulletproof Radio*, episode 200
- Amber Lyon, "Psychedelic Healing & Reset.me," *Bulletproof Radio*, episode 143

**Препоръчва се за четене**

- Alberto Villoldo, *One Spirit Medicine: Ancient Ways to Ultimate Wellness*
- Terence McKenna and Dennis McKenna, *The Invisible Landscape: Mind, Hallucinogens, and the I Ching*

## Девети закон: Дишането е най-могъщият наркотик в света

**Препоръчва се за слушане**

- "The Birth of LSD" with Stanislav Grof, Father of Transpersonal Psychology, *Bulletproof Radio*, episode 428
- "How to Breathe Less to Do More" with Patrick McKeown, King of Oxygen, *Bulletproof Radio*, episode 434
- Brandon Routh, "Hacking Hollywood & Avoiding Kryptonite," *Bulletproof Radio*, episode 162

**Препоръчва се за четене**

- Stanislav Grof, *LSD Psychotherapy (The Healing Potential of Psychedelic Medicine)*

- Stanislav Grof and Christina Grof, *Holotropic Breathwork: A New Approach to Self-Exploration and Therapy*
- David Perlmutter and Alberto Villoldo, *Power Up Your Brain: The Neuroscience of Enlightenment*

## Десети закон: Страхът е убиец на ума

**Препоръчва се за слушане**
- Rave Mehta, "Fear & Vulnerability Hacks," *Bulletproof Radio*, episode 303
- "The World Is Your Petri Dish" with Bruce Lipton, *Bulletproof Radio*, episode 336

- Jia Jiang, "Seeking Rejection, Overcoming Fear, & Entrepreneurship," *Bulletproof Radio*, episode 237

**Препоръчва се за четене**
- Bruce H. Lipton, *The Biology of Belief: Unleashing the Power of Consciousness, Matter & Miracles*
- Jia Jiang, *Rejection Proof: How I Beat Fear and Became Invincible Through 100 Days of Rejection*

## Единадесети закон: Посредствеността е враг

**Препоръчва се за слушане**
- Daniel Amen, "Alzheimer's, Brain Food & SPECT Scans," *Bulletproof Radio*, episode 227
- Daniel Amen, "Reverse the Age of Your Brain," *Bulletproof Radio*, episode 444
- Gerald Pollack, "It's Not Liquid, It's Water," *Bulletproof Radio*, episode 304

**Препоръчва се за четене**
- Daniel G. Amen, *Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Lack of Focus, Anger, and Memory Problems*

- Gerald H. Pollack, *The Fourth Phase of Water: Beyond Solid, Liquid, and Vapor*

## Дванадесети закон: Не водете коня до водата. Накарайте го да ожаднее

**Препоръчва се за слушане**
- Naveen Jain, "Listen to Your Gut & Decide Your Own Destiny," *Bulletproof Radio*, episode 452
- Subir Chowdhury, "The Most Powerful Business Success Strategies That Make All the Difference," *Bulletproof Radio*, episode 419

**Препоръчва се за четене**
- Subir Chowdhury, *The Difference: When Good Enough Isn't Enough*

## Тринайсети закон: Не се напрягайте до краен предел твърде дълго

**Препоръчва се за слушане**

- Dr. Izabella Wentz, "Hashimoto's Thyroiditis & the Root Cause," *Bulletproof Radio*, episode 256
- Mark Bell and Chris Bell, "Bigger, Stronger, Faster," *Bulletproof Radio*, episode 432
- Genpo Roshi, "Learn How to Meditate from a Zen Buddhist Priest," *Bulletproof Radio*, episode 425
- Pedram Shojai, "The Urban Monk," *Bulletproof Radio*, episode 283

**Препоръчва се за четене**

- Izabella Wentz, *Hashimoto's Protocol: A 90-Day Plan for Reversing Thyroid Symptoms and Getting Your Life Back*
- Dennis Genpo Merzel, *Spitting Out the Bones: A Zen Master's 45 Year Journey*
- Pedram Shojai, *The Art of Stopping Time: Practical Mindfulness for Busy People*

## Четиринайсети закон: Чудеса са възможни само сутрин

**Препоръчва се за слушане**

Hal Elrod, "Be Happier, Healthier & More Productive," *Bulletproof Radio*, episode 176

**Препоръчва се за четене**

- Hal Elrod, *The Miracle Morning: The Not-So-Obvious Secret Guaranteed to Transform Your Life (Before 8AM)*

## Петнайсети закон: Престанете да мислите с долната си глава

**Препоръчва се за слушане**

- John Gray, "Addiction, Sexuality, & ADD," *Bulletproof Radio*, episode 222
- John Gray, "Beyond Mars & Venus: Tips That Truly Bring Men and Women Together," *Bulletproof Radio*, episode 414
- Christopher Ryan, "Sex, Sex Culture & Sex at Dawn," *Bulletproof Radio*, episode 52
- Neil Strauss, "Relationship Hacks for Dealing with Conflicts, Monogamy, Sex & Communication with the Opposite Sex," *Bulletproof Radio*, episode 406

**Препоръчва се за четене**

- John Gray, *Beyond Mars and Venus: Relationship Skills for Today's Complex World*
- Christopher Ryan and Cacilda Jetha, *Sex at Dawn: How We Mate, Why We Stray, and What It Means for Modern Relationships*

## Шестнайсети закон: Никога не подценявайте силата на женския оргазъм

**Препоръчва се за слушане**

- Emily Morse (Sex with Emily), "Orgasms, Kegels & Sexology," *Bulletproof Radio*, episode 233

- Emily Morse, "Hack Your Way to a Better Sex Life," *Bulletproof Radio*, episode 373
- Jolene Brighten, "On Women's Health, Post–Birth Control Syndrome, and Brain Injuries," *Bulletproof Radio*, episode 415
- "Hugs from Dr. Love" with Paul Zak, *Bulletproof Radio*, episode 334

## Седемнайсети закон: Бъдете нестандартни по време на приказен секс

**Препоръчва се за слушане**

- "50 Shades of Dave" with Mistress Natalie, *Bulletproof Radio*, episode 341
- Eli Block, "One Taste, Orgasmic Meditation & Flow State," *Bulletproof Radio*, episode 254
- Geoffrey Miller, "Sex, Power, and Domination," *Bulletproof Radio*, episode 138

## Осемнайсети закон: Сексът може да замести и най-добрия наркотик

**Препоръчва се за слушане**

- Bill Harris, "Make Bad Decisions? Blame Dopamine," *Bulletproof Radio*, episode 362
- Pooja Lakshmin, "Orgasmic Meditation & Sex Life Hacking," *Bulletproof Radio*, episode 60
- "Sleep, Sex & Tech at the Bulletproof Conference," *Bulletproof Radio*, episode 327

## Деветнайсети закон: Ранното събуждане не ви прави добър човек

**Препоръчва се за слушане**

- "Lions, Dolphins and Bears, Oh My!" with Dr. Michael Breus, *Bulletproof Radio*, episode 344
- Jonathan Wisor, "Hack Your Sleep," *Bulletproof Radio*, episode 31
- "Owning Your Testosterone" with John Romaniello, *Bulletproof Radio*, episode 340
- Satchin Panda, "Light, Dark, and Your Belly," Parts 1 and 2, *Bulletproof Radio*, episodes 466 and 477

**Препоръчва се за четене**

- Michael Breus, *The Power of When: Discover Your Chronotype—and the Best Time to Eat Lunch, Ask for a Raise, Have Sex, Write a Novel, Take Your Meds, and More*
- Satchin Panda, *The Circadian Code: Lose Weight, Supercharge Your Energy, and Transform Your Health from Morning to Midnight*

## Двайсети закон: Висококачественият сън е по-добър от продължителния сън

**Препоръчва се за слушане**

- Phillip Westbrook and Dan Levendowski, "Sleep for Performance," *Bulletproof Radio*, episode 129
- Dwight Jennings, "A Live Look at Bite Realignment & How TMJ Impedes Performance," *Bulletproof Radio*, episode 182

## Двайсет и първи закон: Лягайте да спите преди да получите предупредителен сигнал

**Препоръчва се за слушане**

- "Arianna Huffington Is Thriving," *Bulletproof Radio*, episode 133
- Arianna Huffington, "Preventing Burnout & Recharging Your Batteries," *Bulletproof Radio*, episode 384

**Препоръчва се за четене**

- Arianna Huffington, *Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder*

## Двайсет и втори закон: Не започвайте да бягате, преди да се научите да вървите

**Препоръчва се за слушане**

- Kelly Starrett, "Bulletproof Your Mobility & Performance," *Bulletproof Radio*, episode 43
- Kelly Starrett, "Systems Thinking, Movement, and Running," *Bulletproof Radio*, episode 156
- BJ Baker, "Primal Movements," *Bulletproof Radio*, episode 93
- Doug McGuff, "Body by Science," *Bulletproof Radio*, episode 364
- "Mastering Posture, Pain & Performance in 4 Minutes a Day with Egoscue," *Bulletproof Radio*, episode 429
- John Amaral, "Listen to the Force: Upgrade Your Life," *Bulletproof Radio*, episode 462

**Препоръчва се за четене**

- Kelly Starrett with Glen Cordoza, *Becoming a Supple Leopard: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance*
- Doug McGiff and John Little, *Body by Science: A Research-Based Program for Strength Training, Body Building, and Complete Fitness in 12 Minutes a Week*

## Двайсет и трети закон: Силните мускули ви правят по-умни и по-млади

**Препоръчва се за слушане**

- Charles Poliquin, "Aerobic Exercise May Be Destroying Your Body, Weightlifting Can Save It," *Bulletproof Radio*, episode 378
- Mark Sisson, "Get Primal on Your Cardio," *Bulletproof Radio*, episode 314
- Bill Sears, "How to Avoid & Fix the Damaging Effects of Diet-Induced Inflammation," *Bulletproof Radio*, episode 397

**Препоръчва се за четене:**

- Mark Sisson, *The Primal Blueprint: Reprogram Your Genes for Effortless Weight Loss, Vibrant Health, and Boundless Energy*

## Двайсет и четвърти закон: Гъвкавите хора постигат повече успехи

**Препоръчва се за слушане**

- Mark Divine, "Becoming a Bulletproof Warrior," *Bulletproof Radio*, episode 38
- Mark Divine, "Downward Dog like a Real Life Warrior One," *Bulletproof Radio*, episode 319

**Препоръчва се за четене**

- Mark Divine with Catherine Divine, *Kokoro Yoga: Maximize Your Human Potential and Develop the Spirit of a Warrior*

## Двайсет и пети закон: Трябва да бъдете сигурни, че наистина сте гладни

**Препоръчва се за слушане**

- Cynthia Pasquella-Garcia, "Transformational Nutrition: Why Food Isn't the Only Source of Nourishment," *Bulletproof Radio*, episode 433
- "Dinner and a Side of Spirituality" with Cynthia Pasquella-Garcia, *Bulletproof Radio*, episode 328
- Marc David, "The Psychology of Eating," *Bulletproof Radio*, episode 114

## Двайсет и шести закон: Не се хранете като пещерен човек, хранете се като вашата баба

**Препоръчва се за слушане**

- Barry Sears, "Fertility & Food, Flavonoids & Inflammation," *Bulletproof Radio*, episode 300
- "Vegetable Oil, the Silent Killer" with Dr. Cate Shanahan, *Bulletproof Radio*, episode 376
- Mark Hyman, "Meat Is the New Ketchup," *Bulletproof Radio*, episode 288

• Nina Teicholz, “Saturated Fats & the Soft Science on Fat,” *Bulletproof Radio*, episode 149

**Препоръчва се за четене**

• Barry Sears, *Mastering the Zone: The Next Step in Achieving SuperHealth and Permanent Fat Loss*
• Catherine Shanahan, *Deep Nutrition: Why Your Genes Need Traditional Food*
• Mark Hyman, *Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health*
• Nina Teicholz, *The Big Fat Surprise: Why Butter, Meat and Cheese Belong in a Healthy Diet*

## Двайсет и седми закон: Нахранете гадинките в червата си

**Препоръчва се за слушане**

• David Perlmutter, “Autism, Alzheimer’s & the Gut Microbiome,” *Bulletproof Radio*, episode 250
• “Connecting Your Gut and Your Brain” with David Perlmutter, *Bulletproof Radio*, episode 359

**Препоръчва се за четене**

• David Perlmutter with Kristin Loberg, *Brain Maker: The Power of Gut Microbes to Heal and Protect Your Brain—for Life*

## Двайсет и осми закон: Ако получавате токсини само от природата, можете да получавате хранителни вещества само от храната

**Препоръчва се за слушане**

• Bill Andrews, “The Man Who Would Stop Time,” *Bulletproof Radio*, episode 10
• Kate Rheaume-Bleue, “The Power of Vitamin K2,” *Bulletproof Radio*, episode 106
• William J. Walsh, “Gain Control of Your Biochemistry,” *Bulletproof Radio*, episode 132
• Elissa Epel, “Age Backwards by Hacking Your Telomeres with Stress,” *Bulletproof Radio*, episode 436

**Препоръчва се за четене**

• William J. Walsh, *Nutrient Power: Heal Your Biochemistry and Heal Your Brain*
• Elizabeth Blackburn and Elissa Epel, *The Telomere Effect: A Revolutionary Approach to Living Younger, Healthier, Longer*

## Двайсет и девети закон: Проследете го, за да го хакнете

**Препоръчва се за слушане**

- William Davis, "How the Health Care System Keeps You Sick & What You Can Do to Change It!," *Bulletproof Radio*, episode 402
- "Hack Your Chronotype to Improve Sleep & Recovery by Wearing a Ring," *Bulletproof Radio*, episode 437
- Naveen Jain, "Listen to Your Gut & Decide Your Own Destiny," *Bulletproof Radio*, episode 452

**Препоръчва се за четене**

- William Davis, *Undoctored: Why Health Care Has Failed You and How You Can Become Smarter than Your Doctor*

## Трийсети закон: Онова, което не ви убива, ви прави по-силни

**Препоръчва се за слушане**

- Ron Hunninghake, "Vitamin C Is Taking the Fight to the Big 'C,' " *Bulletproof Radio*, episode 379
- Erin Oprea, "Tabatas: Like Getting HIIT by a 4.4," *Bulletproof Radio*, episode 313

## Трийсет и първи закон: Оздравявайте като Върколака, остарявайте като Бенджамин Бътън

**Препоръчва се за слушане**

- Matt Cook, "Everything There Is to Know About Stem Cells," *Bulletproof Radio*, episode 512
- "The Healing Powers of Stem Cells" with Dr. Harry Adelson, *Bulletproof Radio*, episode 332
- Harry Adelson, "The Real Deal on Stem Cell Therapy for Pain Conditions," *Bulletproof Radio*, episode 412
- Amy Killen, "Treating & Curing Erectile Dysfunction with Stem Cell Therapy," *Bulletproof Radio*, episode 407

## Трийсет и втори закон: Можете да сложите етикет с цена на щастието

**Препоръчва се за слушане**

- Genpo Roshi, "Learn How to Meditate from a Zen Buddhist Priest," *Bulletproof Radio*, episode 425
- Jay Abraham, "Biohacking Secrets for Success from the Greatest Executive Coach & Marketing Strategist in the World," *Bulletproof Radio*, episode 396
- Jay Abraham's miniseries of interviews with me at The Abraham Group, www.abraham.com

**Препоръчва се за четене**

- Dennis Genpo Merzel, *Big Mind Big Heart: Finding Your Way*
- Jay Abraham, *Getting Everything You Can Out of All You've Got:*

*21 Ways You Can Out-Think,*
*Out-Perform,*
*and Out-Earn*
*the*
*Competition*

## Трийсет и трети закон: Богатството е симптом на щастие

**Препоръчва се за слушане**
Vishen Lakhiani, "10 Laws & Four-Letter Words," *Bulletproof Radio*, episode 309

**Препоръчва се за четене**
- Vishen Lakhiani, *The Code of the Extraordinary Mind: 10 Unconventional Laws to Redefine Your Life and Succeed on Your Own Terms*

## Трийсет и четвърти закон: Колкото по-малко имате, толкова повече постигате

**Препоръчва се за слушане**
- "Minimalism: Living a Richer Life with Less" featuring The Minimalist, *Bulletproof Radio*, episode 372
- "How Giving Away All His Possessions & Living like a Nomad Made Millionaire James Altucher Happier & More Successful," *Bulletproof Radio*, episode 405

**Препоръчва се за четене**
- Joshua Fields Millburn and Ryan Nicodemus, *Minimalism: Live a Meaningful Life*
- James Altucher and Claudia Azula Altucher, *The Power of No: Because One Little Word Can Bring Health, Abundance, and Happiness*

## Трийсет и пети закон: Стигнете далеч с малко помощ от вашите приятели

**Препоръчва се за слушане**
- "Hugs from Dr. Love" with Paul Zak, *Bulletproof Radio*, episode 334
- Lindsey Berkson, "How Our Toxic Environment Is Impacting Our Sexy Brains and Hormones," *Bulletproof Radio*, episode 418

**Препоръчва се за четене**
- Paul J. Zak, *Trust Factor: The Science of Creating High-Performance Companies*

## Трийсет и шести закон: Вие сте отражение на вашата общност

**Препоръчва се за слушане**

- Tony Robbins and Peter Diamandis, "Special Podcast, Live from the Genius Network," *Bulletproof Radio*, episode 306
- Peter Diamandis, Part 1, "The Space Episode," *Bulletproof Radio*, episode 448
- Peter Diamandis, Part 2, "What the Hell Is a Moon Shot?," *Bulletproof Radio*, episode 449
- JP Sears, "Using Humor & Sarcasm to Improve Your Life, Revitalize Mitochondria & Defeat Self-Sabotage," *Bulletproof Radio*, episode 393

**Препоръчва се за четене**

- Tony Robbins, *Unshakeable: Your Financial Freedom Playbook*
- Peter H. Diamandis and Steven Kotler, *Abundance: The Future Is Better Than You Think*

## Трийсет и седми закон: Нито една връзка не е остров

**Препоръчва се за слушане**

- Christopher Ryan, "Sex, Sex Culture & Sex at Dawn," *Bulletproof Radio*, episode 52
- Neil Strauss, "Relationship Hacks for Dealing with Conflicts, Monogamy, Sex & Communication with the Opposite Sex," *Bulletproof Radio*, episode 406
- "Sex, Marriage, and Business: Relationship Therapy" with Esther Perel, *Bulletproof Radio*, episode 456
- John Gray, "Beyond Mars and Venus: Tips That Truly Bring Men and Women Together," *Bulletproof Radio*, episode 414
- John Gray, "Addiction, Sexuality & ADD," *Bulletproof Radio*, episode 222
- Genpo Roshi, "Learn How to Meditate from a Zen Buddhist Priest," *Bulletproof Radio*, episode 425
- "Make Bad Decisions? Blame Dopamine" with Bill Harris, *Bulletproof Radio*, episode 362

**Препоръчва се за четене**

- Christopher Ryan and Cacilda Jetha, *Sex at Dawn: How We Mate, Why We Stray, and What It Means for Modern Relationships*
- Esther Perel, *The State of Affairs: Rethinking Infidelity*

## Трийсет и осми закон: Овладейте гласа в главата ви

**Препоръчва се за слушане**

- Bill Harris, "Hacking Meditation with Holosync," *Bulletproof Radio*, episode 186

- Vishen Lakhiani, “10 Laws and Four-Letter Words,” *Bulletproof Radio*, episode 309
- “Mind, Buddha, Spirit” with Dan Harris, *Bulletproof Radio*, episode 343
- Barry Morguelan, “The Ancient Energy Discipline That Stimulates Healing and Vitality,” *Bulletproof Radio*, episode 413

**Препоръчва се за четене**

- Dan Harris, *10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works—A True Story*
- Vishen Lakhiani, *The Code of the Extraordinary Mind: 10 Unconventional Laws to Redefine Your Life and Succeed on Your Own Terms*

## Трийсет и девети закон: Обсебете вниманието на вашия организъм

**Препоръчва се за слушане**

- “Climb Everest in a T-Shirt and Shorts. Survive Submersion in Freezing Water for Hours. Wim Hof Tells You How He Did It!,” *Bulletproof Radio*, episode 403
- Emily Fletcher, “Greater Sex, Better Sleep with Ziva Meditation,” *Bulletproof Radio*, episode 224

**Препоръчва се за четене**

- Wim Hof and Koen De Jong, *The Way of the Iceman: How the Wim Hof Method Creates Radiant, Longterm Health*
Scott Carney, *What Doesn’t Kill Us: How Freezing Water, Extreme Altitude, and Environmental Conditioning Will Renew Our Lost Evolutionary Strength*

## Четирийсети закон: Не се бавете! Медитирайте по-бързо.

**Препоръчва се за слушане**

- “Lyme Disease, Heart Rate Variability & Skincare,” *Bulletproof Radio*, episode 297
- Eric Langshur, “Be a Boss with Your Brain, Heart & Gut,” *Bulletproof Radio*, episode 457

## Четирийсет и първи закон: Направете така, че вашата среда да прилича по-малко на ферма и повече на зоологическа градина

**Препоръчва се за слушане**

- Daniel Vitalis, “ReWild Yourself!,” *Bulletproof Radio*, episode 141
- Zach Bush, “Eat Dirt: The Secret to a Healthy Microbiome,” *Bulletproof Radio*, episode 458

## Четирийсет и втори закон: Дайте възможност на тялото ви само да се предпазва от слънчевите лъчи

**Препоръчва се за слушане**

- Stephanie Seneff, "Glyphosate Toxicity, Lower Cholesterol Naturally & Get Off Statins," *Bulletproof Radio*, episode 238
- Joseph Mercola, "The Real Dangers of Electric Devices and EMFs," *Bulletproof Radio*, episode 424
- Steven Fowkes, "Hacking Your pH, LED Lighting, and Smart Drugs," Part 1, *Bulletproof Radio*, episode 94

**Препоръчва се за четене**

- T. S. Wiley with Bent Formby, *Lights Out: Sleep, Sugar, and Survival*
- Joseph Mercola, *Effortless Healing: 9 Simple Ways to Sidestep Illness, Shed Excess Weight, and Help Your Body Fix Itself*

## Четирийсет и трети закон: Къпете се в гората вместо във ваната

**Препоръчва се за слушане**

- "Talking Dirty About Spiritual Plants and Microbial Biodiversity," *Bulletproof Radio*, episode 426
- Evan Brand, "Forest Bathing, Repairing Your Vision & Adaptogens," *Bulletproof Radio*, episode 268
- Zach Bush, "Eat Dirt: The Secret to a Healthy Microbiome," *Bulletproof Radio*, episode 458

**Препоръчва се за четене**

- Maya Shetreat-Klein, *The Dirt Cure: Healthy Food, Healthy Gut, Happy Child*

## Четирийсет и четвърти закон: Благодарността е по-силна от страха

**Препоръчва се за слушане**

- Stephen Porges, "The Polyvagal Theory & the Vagal Nerve," *Bulletproof Radio*, episode 264
- Elissa Epel, "Age Backwards by Hacking Your Telomeres with Stress," *Bulletproof Radio*, episode 436

**Препоръчва се за четене**

- Stephen W. Porges, *The Pocket Guide to the Polyvagal Theory: The Transformative Power of Feeling Safe*
- Elizabeth Blackburn and Elissa Epel, *The Telomere Effect: A Revolutionary Approach to Living Younger, Healthier, Longer*

## Четирийсет и пети закон: Прощавайте, но не съжалявайте

**Препоръчва се за слушане**

- Alberto Villoldo, "Brain Hacking & One Spirit Medicine," *Bulletproof Radio*, episode 220
- Gabrielle Bernstein, "Detox Your Thoughts to Supercharge Your Life," *Bulletproof Radio*, episode 455
- "Address Invisible Patterns, Find Joy in Solving Problems & Other Lessons with the Founder of TOMS Shoes," *Bulletproof Radio*, episode 442
- "Mashup of the Titans" with Tim Ferriss, Parts 1 and 2, *Bulletproof Radio*, episodes 370 and 371
- Tim Ferriss, "The Tim Ferriss Experiment," *Bulletproof Radio*, episode 215
- Tony Robbins and Peter Diamandis, "Special Podcast, Live from the Genius Network," *Bulletproof Radio*, episode 306

**Препоръчва се за четене**

- Tony Robbins, *Awaken the Giant Within: How to Take Immediate Control of Your Mental, Emotional, Physical and Financial Destiny!*
- Peter H. Diamandis and Steven Kotler, *Abundance: The Future Is Better than You Think*

## Четирийсет и шести закон: Използвайте инструментите на благодарността

**Препоръчва се за слушане**

- UJ Ramdas, "Success and Gratitude," *Bulletproof Radio*, episode 80
- Tony Robbins and Peter Diamandis, "Special Podcast, Live from the Genius Network," *Bulletproof Radio*, episode 306

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