

HEALTHY BUSINESS

Healthy Life



RESOURCE CHEAT SHEET

Resource Cheat Sheet for Healthy Business

So you've read everything we have to offer on creating a healthy lifestyle and home business and you're eager for more. That's a good sign! And we're not going to disappoint either.

On this resource cheat sheet, you will find a ton of links to resources, tools, websites, blogs, books and more that can help you to live a healthier lifestyle and to run a home business. These tools and supplies will ensure it's easier to separate your work life and your private life, they will help you to manage your sleep and your routine and they will generally allow you to take everything you've learned so far and build on it to *really* optimize your lifestyle, business and health!

Some Important Books

These are some books that will help you to learn more on this subject and that helped inform this book in the first place:

The Four Hour Workweek, by Tim Ferriss

This book is the original text on lifestyle design and teaches you everything you need to know when it comes to minimizing your workload and maximizing your enjoyment of life. All his books are good but the premise of this one is particularly relevant to the subject of this book.

The Four Hour Body, by Tim Ferriss

Tim Ferriss followed up *The Four Hour Workweek* with *The Four Hour Body* which provides a detailed look at how you can optimize your health and fitness training. The two go hand in hand perfectly.

Vagabonding, by Rolf Potts

Tim Ferriss taught us to use the internet to live the lifestyle we wanted to *first*. But before Tim Ferriss, there was Rolf Potts who taught us to do the same *without* running a home business. *Vagabonding* served as the inspiration for *The Four Hour Workweek* and is just as seminal and important.

The Personal MBA, by Josh Kaufman

The Personal MBA is a book that aims to provide a full MBA in a single book. Of course it won't help you to pass an interview but if you're running a business from home, the skills in here are invaluable. It also has a surprising amount on the psychological impact of running a business from home, which is particularly relevant and helpful.

The Rise of Superman, by Steven Kotler

Not everything in this book is great but it serves as an introduction to flow states – which is an interesting and relevant concept.

Some Useful Blogs

Books are great but even the best ones eventually run out!

Fortunately, there are a ton of great blogs on this subject that just keep on going and going...

Some of the best ones to check out are:

<http://www.fourhourworkweek.com/blog>

We've raved enough about Tim Ferriss already. This is his blog.

<http://www.bulletproofexec.com>

This is the blog of Dave Asprey, a guy who has a similar approach to Tim Ferriss and who is very interested in biohacking and performance enhancing.

<http://www.marksdailyapple.com>

Mark's Daily Apple is a great fitness website that has lots of advice on diet, training and lifestyle. He's very paleo but don't let that put you off!

<http://www.smartpassiveincome.com>

The home of Pat Flynn, a particularly likeable internet personality who teaches you how to earn passive income. We discussed that in the book at length – it's money that you continue to earn even as you sleep!

<http://www.stevepavlina.com>

This guy is less likeable but his self-help like advice provides some very useful information to help you live healthier and be more productive!

Some Great Articles

That's a lot of reading already right there but in case you can't be bothered with trawling through entire blogs, here are some great 'must-reads' that will provide perfect starting points for some relevant and interesting topics:

Sitting is Unhealthy

<http://www.marksdailyapple.com/sitting-unhealthy/>

A simple topic from Mark but a great article. It may just encourage you to invest in that standing desk.

How to Breathe Correctly

<http://www.marksdailyapple.com/how-to-breathe-correctly/#axzz3cfxyaAk3>

Again, this may not be the most exciting title but the advice is absolutely crucial. This is closely linked to correct sitting posture, so read the two together.

How to Get Up Right Away When Your Alarm Goes Off

<http://www.stevepavlina.com/blog/2006/04/how-to-get-up-right-away-when-your-alarm-goes-off/>

This is something that every entrepreneur based from home *needs* to be able to do!

The Best Nootropic Stack – Cognitive Metabolic Enhancers

<http://www.thebioneer.com/best-nootropic-stack/>

This article from the Bioneer provides a very good overview of nootropics (and some of the associated issues) as well as describing a stack you can use for great results.

Harnessing Entrepreneurial Manic Depression: Making the Rollercoaster Work for You

<http://fourhourworkweek.com/2008/10/03/harnessing-entrepreneurial-manic-depression-making-the-rollercoaster-work-for-you/>

An excellent discussion on 'the entrepreneur's disease'.

Tools, Hardware and Software

The Microsoft Band

The Microsoft Band is a fitness tracker with a heartrate monitor *and* productivity features. It's powerful in both capacities.

I-Rocks Mechanical Feel Keyboard

A great mechanical keyboard for reducing RSI.

The Microsoft Surface Pro 3

Excellent for working on-the-go.

The Dell Venue 7

A 7 inch Windows tablet! Ultimate portability.

Lumie Bodyclocks STARTER 30

A basic daylight lamp that acts as an alarm clock and combats SAD.

IFTTT

<https://ifttt.com/>

IFTTT can automate a great many of your social media tasks and other online jobs.

The Email Game

<http://emailga.me/>

This game teaches you to check your e-mail superfast so you spend less time stressing about it!

List of Virtual Assistants

<http://www.virtualassistantassistant.com/virtual-assistant-companies>

Looking to outsource your workload? This website can help.

You can also find people to provide various jobs for you from UpWord (formerly oDesk), Elance, Warrior Forum, Fiverr or Digital Point Forums. You can also use all these sites to provide your *own* work and to find clients.

So there you go: that should keep you busy for a while! Use the information here and you can start living more healthily, managing your work-life balance more effectively and working more productively and experiencing less stress. If you only use a few of these resources though, be sure to check out *The Four Hour Workweek*, to get yourself a more portable computer and try using a few virtual assistants.

Otherwise, you just need a gym subscription and a healthy attitude!