



Guy Q

Joe Kita, The Editors of Men's Health

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What Is GuyQ?

It is the indescribable sense of mastery, confidence, knowledge, and competence that is the essence of being a man. GuyQ isn't something we're born with-- we have to find it, earn it, and learn it. Fortunately, Joe Kita and the editors of *Men's Health* have spent 15 years talking to the world's greatest scientists, most respected coaches and trainers, best sex and relationship experts, and paragons of the business and fashion worlds. They've found GuyQ. They've analyzed it and boiled it down to the 1,305 essential things that every man must know. But you're a busy man. So we've made these tips short, easy to follow, and powerful.

Inside this book, you'll learn to be a masterful lover, a man of style and poise, and a warrior able to handle whatever life throws at you. You'll learn to build a great body, and you'll find out how to care for that body for years and years to come. In this book, we bring you only the information you really need, including:

- * The delicious "forbidden" breakfast treat that's much better for you than the common bagel and cream cheese. (page 8)
- * The 18 amazing foods with the power to wake you up, calm you down, or give your mood a boost. (page 32)
- * The most important part of your outfit. Learn how to make the most of it. (page 68)
- * The secret to reading a woman's mind from across the room. But be careful with what you might learn! (page 100)
- * The sex technique that's guaranteed to blow her mind-- and yours. (page 120)
- * Think you need a complete home gym to get a great workout? Think again. (page 161)
- * Hate to stretch? Here's the 30-second solution. (page 200)
- * The easy way to never catch a cold again. (page 224)
- * The surprising heart attack risk you can easily avoid. Don't take the chance this winter. (page 230)
- * You deserve a raise. Your boss doesn't see the light-- yet. But after following this advice, you'll be cashing a nice big check. (page 271)
- * And 1,295 more!!!

There you have it. This is your chance to get the body, the woman, the job, the look, the respect, and the life you always wanted. Add a few points to your GuyQ. You'll be a better man for it.



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