

RE-IGNITE

Regain A Better Body, Better Health,
And Turbo Charge Your Energy



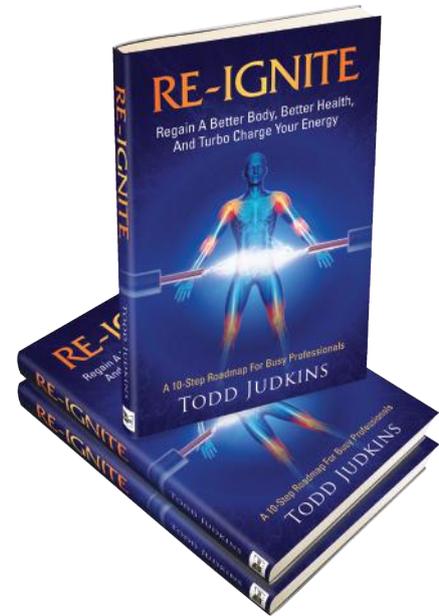
media kit

A 10-Step Roadmap For Busy Professionals

TODD JUDKINS

THE BOOK

You've spent your entire career climbing the corporate ladder, putting others before you, and sacrificing your health to achieve success. Along the way, poor food choices, sleep deprivation, and a lack of exercise have taken their toll. You understand that there is no success without health and wellbeing. Now it's time to *Re-Ignite!* by implementing a 10-step process for regaining a better body, better health, and turbo-charging your energy for a better lifestyle!



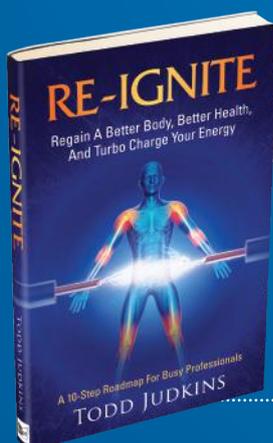
LEARN HOW TO...

- Discover what is stopping you from being the best version of you.
- Eat to fuel your body and maximize your energy.
- Sleep like a kid again.
- Harness the power of laughter.
- Move for a better body.
- Manage stress and find peace through meditation and mindfulness.
- Exercise for the least amount of time for maximum results.
- Eat the right food at the right time.
- Reset your hormones with intermittent fasting.
- Rediscover your mojo and get back in the game.

“The foundation of all our desires are based on our mental and physical wellbeing, no matter your lifestyle, career path, or financial situation.” - Todd Judkins

THE BOOK

Todd Judkins's amazing book, *Re-Ignite*, provides readers with a roadmap to regain a better body and better health by teaching the foundations of wellbeing. With a focus on the mind and body, his book is especially designed for busy professionals who wish to regain health and wellbeing, while maximizing energy for the lifestyle everyone deserves, no matter your profession. You will discover what motivates you; how to eat on the go for maximum energy; the magic of sleep and how to get a full night's rest anywhere, anytime; how to harness the power of laughter in any situation; the benefits of intermittent fasting; and how to implement these strategies even under the pressures of a modern corporate or entrepreneurial career. Whether you are a hardcore road warrior or simply want proven solutions for your busy life, successful strategies can be found within these pages.



Whatever your goals, this powerful roadmap will transform your mind and body. *Re-Ignite* will be your guide for improving your quality of life and turbo-charging your energy to live the life you deserve by helping you do all of the following:

- Release unwanted weight.
- Increase energy.
- Create lean muscle mass.
- Improve your sex life.
- Conquer the stress monster.
- Create a solid foundation for healthy aging.
- Live up to your personal ethos.
- Improve athletic or business performance.
- Master mental focus.
- Become the best version of you.

“It is straight-up insane that we focus so much on achieving things that, consciously or not, we begin to lose control of what matters the most: our health.” - Todd Judkins

THE AUTHOR

Todd Judkins is an Arizona-based author, speaker, and wellness consultant. He has always been a big dreamer, a person who strives for excellence and deeply cares about people. He was the first person in his family to earn a college degree, served as a Naval officer, and achieved success in the corporate world, but all of that came at a great price.

For 20 years, Todd ascended up the corporate ladder as a high-powered Big X consultant, traveling 180,000+ air miles per year. During his climb, like many people, he put health and wellness aside. It was really no surprise when life eventually caught up with him. Todd had sabotaged his own health, energy, and mental wellbeing. He had become the proverbial sick, tired, sleep-deprived, overweight, 40-year-old road warrior, a costly trade-off for that high-stress corporate position of his. His health was on the decline and, worst of all, Todd feared what his downfall would mean to his family. He knew things had to change... and in a hurry, since he certainly wasn't getting any younger.

Throughout his journey, Todd realized how straight-up insane it was that he had focused so much on achieving things that, consciously or not, he began to lose control of what matters the most, his health. From the foundation of that revelation, he began to climb, step by step, back to health and wellness.

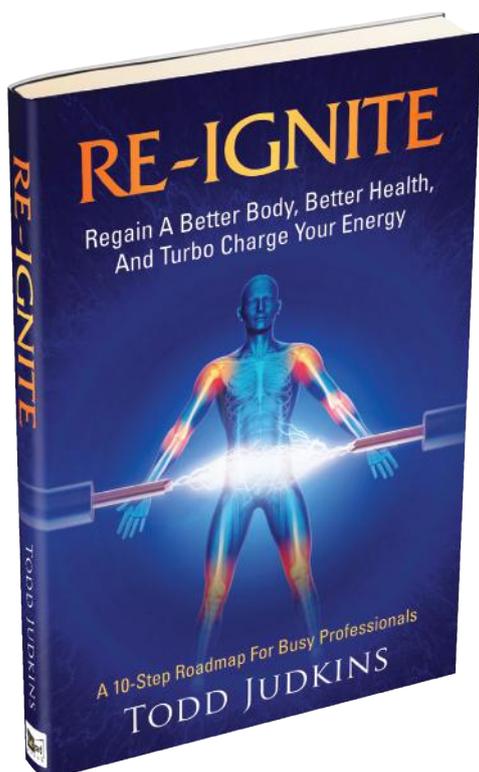
Todd quickly realized that it takes more than a workout routine and eating salads. He took a look at his lifestyle and realize that what he was doing in his busy life-the one with all the fancy titles and cozy, elite VIP treatment on his business travels was actually robbing him of his life. Everything he was doing, from his dependency on coffee to the way he slept, to his lackluster relationships with fitness and food, were causing him problems.

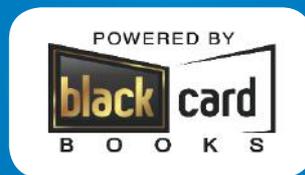
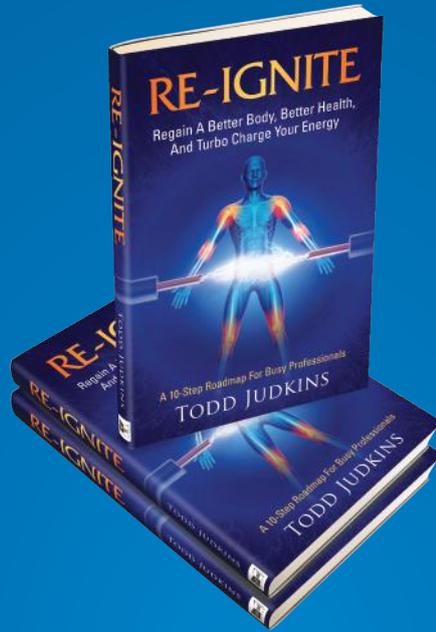
In time, Todd learned what it takes to control his stress levels, master the art of sleep, make physical fitness a priority, and rely on a powerful nutritional system of superfoods, all while living the life of a busy professional. Today, he has released one-quarter of his bodyweight, practices daily meditation, lifts weights, enjoys yoga, and, most importantly, is focused on eating the right foods that allow his body to do the great things it was designed to do.

Todd currently enjoys quality time with his family and is ready for whatever life has to offer. He passionately speaks, consults, and guides others along their journey to wellness through coaching and consulting programs. He is happy to share his findings and life discoveries in his book, *Re-Ignite: Regain A Better Body, Better Health, And Turbo Charge Your Energy*.

BOOK INFO

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