

**BECOMING BULLETPROOF: AN UNCOMMON APPROACH  
TO BUILDING A RESILIENT BODY**

Alisha J. Auble

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-Tim Anderson is co-author of *Becoming Bulletproof: An Uncommon Approach to Building a Resilient Body*, and author of *Pressing Reset* and.

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I'd have liked there to have been some examples of how to incorporate the recommended movements into our day to day lives. Customer Reviews *The Real Deal. Returning to the Original You*.

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