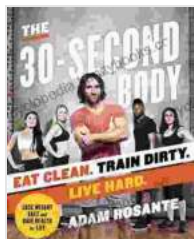


# "Eat Clean Train Dirty Live Hard: The No Excuses Guide to Achieving Your Dream Body" by Matt Pajak: A Comprehensive Review

Matt Pajak's "Eat Clean Train Dirty Live Hard" is a comprehensive guide to achieving your dream body. The book covers everything from nutrition to exercise to mindset, providing readers with all the tools they need to transform their lives.

Pajak is a certified personal trainer and nutritionist with over a decade of experience in the fitness industry. He has helped thousands of people achieve their fitness goals, and his book is a culmination of all his knowledge and experience.



## The 30-Second Body: Eat Clean. Train Dirty. Live Hard.

by Adam Rosante

★★★★☆ 4.1 out of 5

Language : English  
File size : 22924 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 216 pages



## What's Inside the Book?

The book is divided into three main sections:

- **Eat Clean:** This section covers the basics of nutrition, including how to choose the right foods, how to cook healthy meals, and how to avoid processed foods and unhealthy fats.
- **Train Dirty:** This section covers the basics of exercise, including how to choose the right exercises, how to create a workout plan, and how to progress your workouts over time.
- **Live Hard:** This section covers the importance of mindset, including how to set goals, how to stay motivated, and how to overcome obstacles.

The book also includes a number of bonus features, such as:

- Sample meal plans
- Sample workout plans
- Recipes
- A glossary of fitness terms

### **Who is This Book For?**

This book is for anyone who wants to achieve their dream body. Whether you're a beginner or an experienced athlete, Pajak's book has something to offer you.

If you're tired of fad diets and unsustainable workout plans, then this book is for you. Pajak's approach is based on science and sustainability, and it will help you achieve your goals without sacrificing your health or happiness.

## What I Liked About the Book

I liked a lot of things about this book, but here are a few of the things that stood out to me:

- **It's comprehensive.** This book covers everything you need to know about nutrition, exercise, and mindset. It's a one-stop shop for all your fitness needs.
- **It's evidence-based.** Pajak doesn't just make claims; he backs them up with science. This book is based on the latest research on nutrition and exercise.
- **It's practical.** The advice in this book is actionable. Pajak provides you with step-by-step instructions on how to achieve your goals.
- **It's motivating.** Pajak's writing style is engaging and motivating. He'll make you believe that you can achieve anything you set your mind to.

## What I Didn't Like About the Book

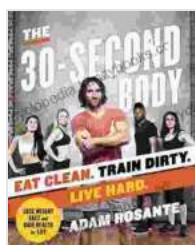
There were a few things that I didn't like about the book:

- **It's expensive.** This book is more expensive than most fitness books. However, I think it's worth the investment if you're serious about achieving your fitness goals.
- **It's not for everyone.** This book is not for people who are looking for a quick fix. Pajak's approach is based on hard work and consistency. If you're not willing to put in the work, then this book is not for you.

## Overall Impression

Overall, I highly recommend this book to anyone who wants to achieve their dream body. It's a comprehensive, evidence-based, practical, and motivating guide that will help you reach your fitness goals.

If you're serious about transforming your life, then this book is for you.



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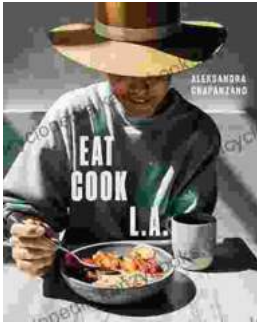
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