

Pedram Shojai - 7 Day Reboot

Pedram Shojai's "7 Day Reboot" is a transformative program designed to guide participants through a week-long journey of revitalization and renewal. Through a blend of dietary adjustments, mindfulness practices, and lifestyle strategies, Shojai aims to help individuals reset their health, energy levels, and overall well-being. This comprehensive approach provides practical steps and insights to support participants in achieving a refreshed and balanced state in just seven days.

Are you ready for a fresh start?

There's no telling how recent circumstances are going to continue to affect us far into the future. We're oddly always on and connected but you may be feeling at a loss, away from your routine and even starting to make worse choices where your health is concerned.

If you've tried making changes and haven't been seeing the results you want, you're not alone. Have you tried to stick to a better diet, only to fall back into mindless snacking? Have you committed to a new exercise routine and not seen it through? Are you feeling distracted by your phone, the news, your kids cartoons and feeling foggy in the head?

These are all symptoms of an "operating system" that isn't working for you.



So what do you do now?

If you're anything like me, you've got a lot of irons in the fire. I've been asked how I manage to write books, produce films, run a business and still have a loving relationship with my wife and young children. It's not that I have more time in the day than the next person, I've just unlocked something special that I want to share with you.

Look, I can't magically wave a wand and make you feel better – if anyone offers you that, run in the opposite direction! But there are ways to take simple, quick action to see real change in your life. After four years as a Taoist Monk, I learned amazing things that helped me harness energy, calm my mind, achieve peak fitness and sleep like a baby.

That's what I want to share with you...



















What can you accomplish in a week?

You've got a busy life and you probably don't want to go sit in the mountains like a monk – I don't blame you. But if each day you learn something new about yourself and the way to make your life better, 7 days can change your life.

The trick is to implement new practices into your life for those 7 days and really understand how your mind and body are responding. I've been teaching this for 20 years and have pressure tested this material with thousands of students. They're just like you – busy, hardworking people that just need a break. At the end of the week, you'll have more energy, less stress, great recipes and you'll feel lighter than you have in years.

Proof Content

 Day 01 Food	 ...	171.8 MB
 Day 02 Exercise	 ...	1.5 GB
 Day 03 Stress	 ...	349.4 MB
 Day 04 Time	 ...	258.3 MB
 Day 05 Sleep	 ...	1.1 GB
 Day 06 Energy	 ...	704.9 MB
 Day 07 Focus	 ...	393.7 MB
 Day 08 Next Steps	 ...	88.1 MB