THREE TIPS, FREE

WELL DRESSED, WELL PAID, UNWELL.

Three complete tips from the book, exactly as they appear in it.

One on breathing, one on doing hard things on purpose, and one on the protein that decides how fast you age... with the author's own tracking data as receipts.

If these three are useful, there are forty seven more where they came from.

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TIP 1

CLOSE YOUR MOUTH

WHAT IT IS

Nasal breathing is the single cheapest upgrade available to your nervous system. Breathing through your nose is not just a minor preference. It is a physiological shift that moves your body from a low-grade alert state into something your cells actually enjoy.

WHY IT MATTERS

Nasal breathing activates the parasympathetic nervous system, which handles rest, recovery, and emotional regulation. It also boosts nitric oxide production by approximately six times compared to mouth breathing. Research by Dr. James Nestor found that chronic mouth breathing is linked to poorer sleep quality, higher anxiety, and reduced lung capacity.

HOW TO DO IT

Breathe in through your nose for five to six seconds, out for five to six seconds. For a quick reset, inhale deeply through your nose, sneak in a small second breath at the top, then exhale slowly and fully. Use it anytime you feel the tension building and the situation does not actually warrant it.

PRO TIP

Most people have never paid attention to how they breathe. Spend one day noticing. You will probably find you have been mouth breathing through most of your stress, which is a bit like trying to put out a fire while continuously adding kindling.

TIP 11

DO HARD THINGS ON PURPOSE

WHAT IT IS

Deliberately doing something a little hard, a little uncomfortable, a little effortful builds mental resilience in a way that comfortable tasks simply cannot.

WHY IT MATTERS

Tasks that require real effort and persistence activate the anterior midcingulate cortex and the dorsal anterior cingulate cortex, brain regions linked to staying on task, emotional regulation, and learning from setbacks. When these regions are exercised regularly, you become less likely to spiral when things get difficult.

HOW TO DO IT

Pick one thing today that is not easy. The decision you have been postponing. The workout you have been negotiating with yourself about for three weeks. You do not need to suffer. You just need to stretch past comfort, consistently enough that the stretch stops feeling like an emergency.

PRO TIP

Avoiding hard things does not make them smaller. It makes them slightly larger every day, and gives them more space in your head than they have ever earned.

TIP 26

MOVE TO STAY YOUNG

WHAT IT IS

Klotho is a protein associated with longevity. Higher levels are associated with better brain function, stronger muscles, and a measurably slower biological aging process. You do not produce more Klotho simply because you are young. You produce more because you move.

WHY IT MATTERS

Research from the Framingham Heart Study found that higher Klotho levels were associated with increased lifespan and better cognitive function, independently of age, sex, and other health markers. Your biological age and your chronological age are not the same number. I track my own biological age using WHOOP. As of writing this book, my WHOOP Age reads 24.5, which is 11.2 years younger than my chronological age, with a pace of aging of 0.9x, meaning I am aging slower than average. I am not sharing that to impress anyone. I am sharing it because I was the person who passed out on a rowing machine and could not walk up a flight of stairs without breathing heavily. That number is not a gift. It is the result of the habits in this section, applied consistently over years.

24.5

WHOOP AGE

11.2 years younger · Pace of aging: 0.9x

HOW TO DO IT

- Aim for at least 30 minutes of walking, strength training, or aerobic activity most days.
- Include Zone 2 cardio: low to moderate intensity where you can still hold a conversation but feel mildly breathless.
- Break up long periods of sitting every hour with a short walk or stretch.

PRO TIP

You do not get biologically older because the years pass. You get older when you stop moving. These are genuinely different things.

THAT WAS THREE OF FIFTY

The full book covers breathing, focus, food, movement, sleep, and the habits that hold it all together. Fifty tips, six sections, and one idea underneath: ordinary things, done extraordinarily consistently.

It comes as a digital edition, an audiobook narrated by the author, or both together.

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And if you write to hello@abdallanasr.com, a real person answers. It is the author, actually.