

BAR40 - Achieving Personal Excellence

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Synopsis

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For anyone looking to elevate their life to the next level and pursue the best version of themselves, *BAR40* offers the framework and guidelines that will help you achieve the ultimate year of reaching your full potential.

BAR40 is a 52-week program designed to provide the foundation and tools for creating new life-changing habits in core areas such as mindset, diet, and fitness. Part of what makes *Bar40* so uniquely effective is the combined body and mind approach in a self-guided journey that begins with establishing goals and provides the resources that allow you to track your progress to completion in a daily journal.

While *BAR40* makes no claims of easy results with no effort, what it does deliver are fundamental improvements through commitment, dedication, and personal accountability. These self-mastery skills will have you performing at peak levels while looking and feeling your best. Most importantly, the changes and improvements that you create in your life over the next year will be your new lifestyle habits, allowing you to continue on your course of personal excellence with a mindset permanently set to achieving more.

BAR40 will transform your ideas to action and your actions to success, as defined by your personal goals. Here's to you living your best year ever!

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Reader's comments

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