

Better! Trailer

author:



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Synopsis

00:27 “ Welcome to the Trailer episode of Better! 00:35 “ Introducing today’s guest, Giovanni
02:24 “ The format of Better! 04:08 “ Dr. Steph gives a sneak peek of some upcoming guests
07:00 “ A meta-learner at heart
08:46 “ The most common questions Dr. Steph fields from audiences she speaks to
10:47 “ Giovanni urges listeners to subscribe to Better! 11:02 “ The inspiration to become “Better!”
TWEETABLES
I also want to be exploring other nuances in how to live better. So that is, of course, from nutrition and fitness and fasting and that aspect. But there’s also the mindset, there’s the alignment, there’s the intimacy with yourself. (03:02)
I think that these conversations are just like going out to dinner with someone. And, you just get into these really awesome conversations. (06:24)
A really important thing is if you understand the framework, then the tactical application or the execution of the framework becomes much easier because you understand the nuances of the framework. (08:17)
I have been, in all honesty, so nervous around just showing the world who I am and what I do. But this podcast is a way to peel off all those things. I’m going to be standing before you and just letting everybody know who I am because it’s time. (10:30)
In order to be the best that you can, you need to improve every day to become better in some way. (11:46)
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Dr. Steph’s Website
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