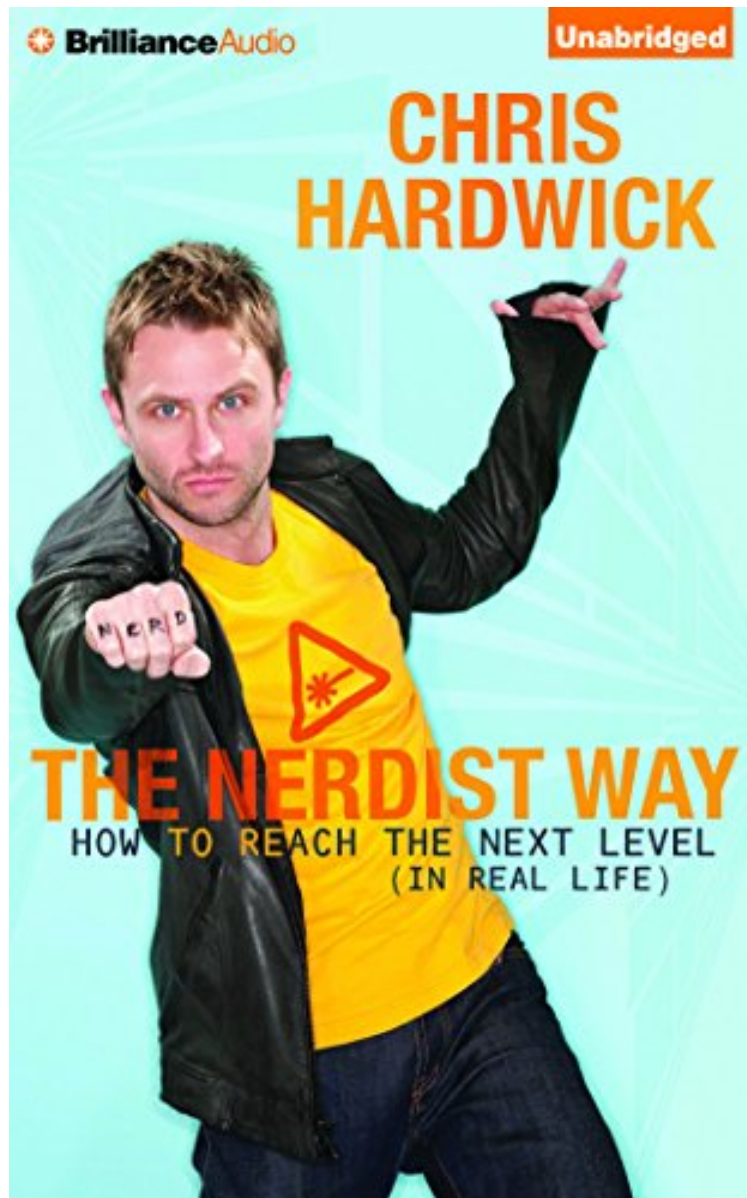


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## The Nerdist Way: How to Reach the Next Level (In Real Life)

Chris Hardwick

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**Chris Hardwick : The Nerdist Way: How to Reach the Next Level (In Real Life)** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Nerdist Way: How to Reach the Next Level (In Real Life):

1 of 1 people found the following review helpful. The Nerd(ist) Perspective By B. Thornton As an avid reader, I think

it's important to pepper Humor into non-fiction titles. As a comedian, I couldn't imagine Chris Hardwick writing this book any other way. The Nerdist Way is more-or-less a self-help book that stays humble from start to finish. Chris readily admits that his experiences may be unique and writes from a "this worked for me" attitude. As a member of the 'nerd herd' I don't really like people trying to ram facts into my brain and tell me I'm wrong unless I do 50 pushups a day. Chris takes a familiar approach by describing his background and perspective, then detailing the changes HE made to become successful and how making similar choices may prove beneficial. Most notably, and a really important reason to read this book, this is a love-letter to the nerd community. (by the way, the term 'Nerd' is by no means used in the pejorative sense) The self-help aspects of his book reach out to remedy the failings caused by nerdiness (rather than, say, being too handsome). For example, Chris accurately describes how nerds fixate on a certain thing (video games, comics, art, movies...) all of this at the cost of developing social circles or 'fitting in' or some other sacrifice that could prevent someone from reaching their worldly goals. But this is by no means considered a bad thing or shortcoming. This is merely a means to identify what your personal strengths and weaknesses are and how to harness your potential. The book is divided into three main sections: Mind, Body and Time. Three areas that all must be mastered to achieve the personal goal he helps you create, plan and execute. I agree with other reviews saying that the overarching concepts are not incredibly groundbreaking, but I also would add: look at the weight loss industry... how many different ways can "Diet + Exercise = Healthy" be written? But if it were that simple, we'd all look like Ken dolls. This book has a funny, fresh approach coupled with some really unique exercises (not just the pushups, writing and drawing too) that will challenge to reader to achieve. All said, it's a quick and fun read. Definitely inspiring as you can tell it's coming from someone who is NOT a phony and owes his success to hard work and the support from the nerds he's writing to. Also, there are one or two F-bombs, so maybe not for the young children or the easily startled. Enjoy (your burrito)

0 of 0 people found the following review helpful. A great book for measurable self-improvement. By satisfied customer Chris Hardwick is a talented comedian. He has also endured some serious life challenges, and shares with the reader how to elevate one's life to a new level of achievement and fulfillment. He approaches a serious topic--self-improvement--with grace and a load of humor. I have gained a lot of useful tips from reading this book, and also was satisfied that I had already successfully implemented several of the strategies that he recommends. Reading this book and applying the concepts within will assist the reader in improving the three areas that Chris Hardwick addresses--mind, body, and time management. Try it, you won't regret it. 3 of 3 people found the following review helpful. Good Self-Help book for Nerds By Alex Gray I have always been a skeptic of the self-help book genre as a whole, mostly because I could relate to the ubermensch who seem author those books. I mean how could I relate the life lessons of marathon running, Everest climbing, millionaire, balls of concentrated charisma that seem to make up the bulk of self help authors. Well if you're a nerd, or associate yourself with nerd culture, this might be the book for you. I think where Chris Hardwick succeeds is to emphasize on incremental change, rather than the grand claims of other self-help gurus. Its just about putting one foot in front of the other until you get where you're going. As for his gamification system, its nice and simple and relatively easy to follow what he wants you to and extrapolate that for other parts of your life. Now I do realize that the true test of a self help book is how it affects your life in the long term, and I obviously can't comment on that, as it's only been out a week. I can say that its a good read whether it changes you life or not, and contains some good, practical advice from someone who relates to you on your level.

Nerds: Once a tormented subrace of humans...now captains of industry! You don't have to be a stereotypical geekwad to appreciate the tenets of Nerdism and to make your innate talents for overanalysis and hyper-self-awareness work for you instead of against you. Join Nerd superstar Chris Hardwick as he offers his fellow "creative-obsessives" the crucial information needed to come out on top in the current Nerd uprising. Nerds subsist on the minutiae of their chosen passions. As a lifelong member of "The Nerd Herd," as he calls it, Chris Hardwick has learned all there is to know about Nerds. He's studied them, lived with them, and has endeavored to milk their knowledge nectar and isolate its curative powers for what ails you. Thus, he has founded a philosophical system (and blog) called The Nerdist, and here he shares his hard-earned wisdom about turning seeming weaknesses into world-dominating strengths. From keeping your heart rate below hummingbird levels to managing the avalanche of sadness that is your inbox, from ignoring your brain to attracting wealth by turning down work, Hardwick reveals the secrets that can help you accomplish what you want by tapping into your true nerdtastic self. The Nerdist Way shows how to focus your mind, body, and time into an unstoppable laser of goodness. Don't wait for another social tragedy. Don't resort to cheap "mass murder" tactics to exact your revenge on society. Success is the most satisfying—and legal—form of vengeance there is. And you can achieve it when you follow the Nerdist Way.

"He is among the most influential public faces of nerd culture today."—The New York Times "A self-help book has never been so funny. Or potentially beneficial—to nerds and garden-variety humans alike."—Associated Press "Solid self-help book rife with nerdy pop-culture references, a few personal anecdotes, and plenty of enthusiasm."—AV Club "Chris Hardwick is king of the nerds. And he's a good king. Like Aragorn. Follow him."—Rainn Wilson "Chris

Hardwick is a Nerd's Nerd's Nerd. The third nerd denotes his understanding of Nerddom on a meta-level. He has broken the chains of his Nerd Bondage to become a successful, well-dressed, famous dude who hasn't forgotten where he came from."--Adam Savage

About the Author  
Chris Hardwick is a stand-up comedian, TV host, writer, and founder of Nerdist Industries, a company dedicated to creating multi-platform content for Nerds. He has more than one million Twitter followers. He lives in Los Angeles, California.