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Serve To Win: The 14-Day Gluten-Free Plan For Physical And Mental Excellence



Synopsis

Novak Djokovic reveals the gluten-free diet and fitness plan that transformed his health and pushed him to the pinnacle. In 2011, Novak Djokovic had what sportswriters called the greatest single season ever by a professional tennis player: He won ten titles, three Grand Slams, and forty-three consecutive matches. Remarkably, less than two years earlier, this champion could barely complete a tournament. How did a player once plagued by aches, breathing difficulties, and injuries on the court suddenly become the #1 ranked tennis player in the world? The answer is astonishing: He changed what he ate. In *Serve to Win*, Djokovic recounts how he survived the bombing of Belgrade, Serbia, rising from a war-torn childhood to the top tier of his sport. While Djokovic loved and craved bread and pasta, and especially the pizza at his family's restaurant, his body simply couldn't process wheat. Eliminating gluten—the protein found in wheat—made him feel instantly better, lighter, clearer, and quicker. As he continued to research and refine his diet, his health issues disappeared, extra pounds dropped away, and his improved physical health and mental focus allowed him to achieve his two childhood dreams: to win Wimbledon, and to become the #1 ranked tennis player in the world. Now Djokovic has created a blueprint for remaking your body and your life in just fourteen days. With weekly menus, mindful eating tips for optimal digestion, and delicious, easy-to-prepare recipes, you'll be well on your way to shedding extra weight and finding your way to a better you. Djokovic also offers tips for eliminating stress and simple exercises to get you revved up and moving, the very same ones he does before each match. You don't need to be a superstar athlete to start living and feeling better. With *Serve to Win*, a trimmer, stronger, healthier you is just two weeks away.

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Customer Reviews

To me this book is important and relevant for many reasons. Not only is Novak one of the best players in the history of the game but as the book reveals he is a pioneer in his approach to all aspects of the game. Because of a media bias I (and everyone else who gets their info from western media) was not aware of the complete story of the tragedy of the Bosnian war. I was never aware of the difficulties he and his family faced. For someone who grew up with relatively little access to free information on alternative approaches to health he has certainly excelled and become a ground breaker into this exciting, relatively untapped field of self healing. The book is gripping for anyone with an inquiring, open mind. It has a great balance of insight into the miracle and simplicity of self healing and a unique insight into professional tennis. It is clearly written. It is not loaded with unnecessary medical jargon or unsubstantiated facts. He doesn't claim to be a nutritionist or doctor. He just learnt to listen with an open mind and heart. "When you get to the end of all the light you know, and it's time to step into the darkness of the unknown, faith is knowing that one of two things shall happen: either you will be given something solid to stand on, or you will be taught how to fly. -Edward Teller Everything Novak writes about makes absolute sense to me. It addresses so many levels of life that isn't typically generic and fearful. I am just surprised that it has taken this long for some one of his calibre to take advantage of what has been there all along. It's a wonderful irony that as he achieved financial success where he could afford the most expensive allopathic medical doctors opinions he found the answers for free.

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