

# **Vital Endurance:** **What Every Truth-Seeker Needs** **to Live a Healthy Life**

by Eric Dean

copyright © Vital Endurance, 2015

version 1.0

All rights reserved. This publication in whole and in part is restricted to personal use. This publication may not be reproduced, transmitted or sold in any form or by any means, electronic or mechanical. This includes but is not limited to recording, photocopying or information storage and retrieval systems without permission in writing from the publisher.

Published by Vital Endurance  
[www.vitalendurance.com](http://www.vitalendurance.com)

## **Fair Warning**

The information contained in this book is intended to be educational and is not for diagnosis, prescription, or treatment of any health disorder whatsoever. It should not be construed as medical or legal advice.

This information should not replace consultation with a competent healthcare professional. However, if you follow the advice in this book, it is the author's opinion that you will not need to spend time and money in the traditional healthcare system.

The most important point here is that you accept full responsibility for all your actions with regard to using any recommendations made. The author and publisher are in no way liable for your use of the material in this book.

All information contained within this book, aside from quotes and statistical data, is to be considered the opinions of the author with all rights reserved © 2015.

### **The keying in this book is designed as follows:**

**Red Bolded Text** = Certain action items. Considered the most important aspects of this book, these are the Three Essentials and vital supporting points of each. Without these, nothing else in this book works fully in creating a healthy lifestyle for yourself and humanity at large.

**Black Bolded Text** = Most proven and the best known points and items. Found to be supported by multiples modalities and sources as necessary to a healthy lifestyle. The strongest points that support the Three Essentials

**Green Text** = Points that are very strong theories with reliable connections coming through multiple resources that support the claims. More scientific research, spiritual exploration and discussion devoted on these points is encouraged. But it's probably wise not to bet against these points at this time.

**Blue Text** = Terms that are easy keywords for online search. If you're inspired to do some immediate exploring, these words will take you there.

## **What This Book is Not**

Let there be no misunderstanding. The information you will get here has no top-10 lists (or any other number lists). Also, you won't find "the cure" for some specific ailment that you or a loved one might currently be struggling with. This is certainly not a manifesto for some miracle product that I sell.

You will not read lengthy technical details about why each point shared here is valid. This information is not being presented to convince you of anything. This information is not given to make you afraid – there are no fear tactics used in this book. The process is not designed to make you feel inadequate. And nothing presented in and of itself is 'difficult' to implement for you... Often we confuse difficulty with diligence.

## **What This Book Is**

Diligence is simply "consistent and earnest effort". Everything in this book works in synergy to make your life more energized, more fun and more engaging. Do everything written here to your level when you are ready, and continue working to assimilate all of it into your life over time.

The points in this book are designed to make you think, feel and visualize a healthy life for you – as well as your friends and family and everyone else you're connected to. Pause right now and imagine what a different place this world could be if you – and everyone you come into contact with – had an abundance of clean and positive personal energy. Go ahead...really imagine it.

Next, it will be up to you to take the action required to implement these points in your life. Action and implementation will be the most challenging obstacles you will face. It takes some time to create new habits – even once you accept the validity and importance of new information.

*"Start where you are. Use what you have. Do what you can." - Arthur Ashe*

Do your own research. If you're skeptical or a certain point interests you, look into it further however you see fit. This book is designed as a gateway to inspire you, so there are limited quotes and source references – only when a quote is required to make a point or a source is considered invaluable will you find specific references. The places where you ought to gather information are yours to discover. Each of the facts in the book is compiled from multiple resources. Many points come from years of my readings, notes and observations. The truth is out there for you to find in your own way. You found your way to these words you're reading now, right? How did that happen exactly?

Understand that you have access to all the information in the world. You've already encountered many healthy lifestyle truths first-hand. It will depend on your personal experiences up until now whether you will know, understand or even accept many of the points.

Sometimes your mind isn't ready to process certain information when it comes to you. At times – for many different reasons – your mind just discards bits of information in plain sight. Or you might simply lack the proper perspective to assimilate and understand the information. You think that's not true? Have you ever been fooled by a 'magic' trick that was just sleight of hand – then get the opportunity to learn how it was done. Ah ha...it seems so easy then. Or how about this...do you remember the color shirt the last person to check you out at a store was wearing? C'mon, it was right in front of you.

For some people, these faculties of observation and recall come more easily. Though most of us need repetition and continued exposure to 'new' information in order to completely assimilate it. So you may need to revisit certain points once you've gone through the entire book.

To help your mind grasp more, the effort is to make each of the points concise. It's for this reason that everything is categorized and separated. However, it's important to remember that it's all of the points TOGETHER that make up a healthy lifestyle.

*"The part can never be well unless the whole is well." -Plato*

## What is Vital Endurance?

Vital Endurance was created with the true desire to share the best and latest knowledge on healthy lifestyles. All the crazy 'tips' you hear and read about nutrition, exercise and health are distilled down. The objective is to present knowledge based on generally accepted facts, extensive observations and trials into simple points that really work.

Vital Endurance is designed for smart, aware, motivated people who seek the truth and are ready to make changes toward a complete healthy lifestyle – so, certainly you're thinking right now, "Yes, I'm all of that!"

You have the ability to create a healthy life for yourself. You are the final determination of success or failure in that endeavor. Vital Endurance is the raw material to build success. It's up to you to gather all your faculties and tools – and start building.

Alright, let's break it down... If Vital Endurance is the raw material for building a healthy life, then what are the components of that raw material?

“Vital” means necessary for life or the source of life. It also means something necessary for well-being; indispensable; essential. And it means something that is of critical importance to existence or truth. Finally, and most inspiring, it means having remarkable energy, liveliness, or force of personality.

“Endurance” means the ability or strength to continue or last - especially despite fatigue, stress or other adverse conditions; stamina; lasting quality

With these raw materials, you can build a long and strong life full of well-being while having the critical energy to face and resist adversity and stressors.

Now that you understand a bit about where we are headed...the **Three Essentials** for healthy living are **Clean Nutrition**, **Multi Movement** and **True Awareness**. Each category gives you points on how to optimize your lifestyle. It is developed as a sort of 'Healthy Life Handbook'. The points in this book pull together all the essentials for a healthy life, and we call it Vital Endurance.

Let's embark on this journey together and begin the work of creating a new lifestyle...

...If you're ready to jump into the full book version - [Get Vital Endurance!](#)