



# How To Become A Modern Viking: A Man's Guide To Unleashing The Warrior Within

By Mr Liam Gooding

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Vikings were undoubtedly the manliest men in history. They came, they conquered, and they took whatever they wanted. They were strong men in both body and mindset, with a culture and religion that promoted men to be "men". For their mastery and bravery in battle, they were rewarded with status, plunder and women!

Vikings were also passionately devoted to their brothers. Bonds formed in the bloody terror of battle, which they celebrated with much feasting and mead!

But today, you live in a modern world of smartphones, suits and safety. Pillaging and plundering opportunities are limited, and many of your friends are probably too concerned with their smartphones or Gluten Free Diets to be interested in going on a Viking campaign together.

But there is still hope! In this book, you will learn how to build the strong body and mindset of a Viking warrior and how to apply your increased masculinity in the modern world!

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In this book, Liam Gooding walks you through his personal journey from the top to the bottom. He lost his multi-million dollar company, his house and his fiancée. But worst of all, he lost his masculinity.

But that's when he discovered the power and strength hidden within ancient Viking culture. The liberating freedom of their mythology, the guiltless pride in building a strong and muscular body, the confident ambition of getting what you want in life (no matter who or what stands in your way).

This is a story about beating depression and emerging stronger than ever before. A guide for any man (or woman) to follow on how a stronger body builds a stronger mind, and how that builds better defences against depression and other

mental health issues.

Becoming a Modern Viking allowed Liam to become a man again. To rebuild himself stronger than before, to embrace the body and the mindset that evolution and natural selection had intended, and to remove the chains and limitations of modern western society.

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## Chapter Highlights

- Build a Viking Body using principles and guidelines such as 'Lift Like A God' and 'Train Like A Warrior'
- Follow a spreadsheet-free nutrition diet that allows a man to eat as much as he wants, and still boost testosterone and build muscle, or lose fat, depending on his goals (Vegetarian/Vegan options too)
- How to stop worrying about overwhelming situations by thinking like a Viking in the shield wall
- How to become more assertive in social and professional situations
- How to live in Winter Season or Raiding Season to encourage your body to build muscle or lose fat with just a few small changes to your routine

Modern Viking is not a fitness and exercise book promising to help you look like an Instagram model. It isn't a book to guide you on meditation or mindfulness bodyscans.

Modern Viking is a practical, no-nonsense self improvement book for men who want to become better men. Men who are suffering with depression or perhaps just the early warning signs of it. Men who feel like there must be more happiness in life than they are currently feeling.

Modern Viking can be especially effective for larger men - guys who are fed up of being told they should have "shredded abs" to feel great about themselves. Liam Gooding stands at 6'5" and weighs 240 lb. He eats 4000 - 5000 kcal every day. And none of the women in his life ever complain that he doesn't have "Instagram Abs"!

Modern Viking is about looking like a man who can swing an axe, row a boat, build a house, and then carry his woman to bed after the days work!



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## **How To Become A Modern Viking: A Man's Guide To Unleashing The Warrior Within By Mr Liam Gooding Bibliography**

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### **Editorial Review**

#### **About the Author**

Liam Gooding stands at 6'5" and weighs 240lbs. With his full beard, long hair and broad chest, he looks like a Viking come to pillage and plunder! But he wasn't always this way. After screwing up his multi-million dollar company, blowing up his love life and losing his house, he was pretty much at rock bottom - physically, financially and mentally. Racked with depression and surviving on a cocktail of anti-depressants and recreational drugs, he was just about ready to call it a day. But he decided f\*ck this - and embarked on a journey of self-improvement and self-discovery, to rebuild his body and mindset in the image of a Viking warrior. He decided to rediscover his masculinity once again, and share with his brothers all that he could so that his life could have purpose again. Now, he writes mens health and self-improvement books, and works as a life coach with other men who need a brother by their side.

### **Users Review**

#### **From reader reviews:**

##### **Kai Martin:**

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**Walter Blankenship:**

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