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# BAR40

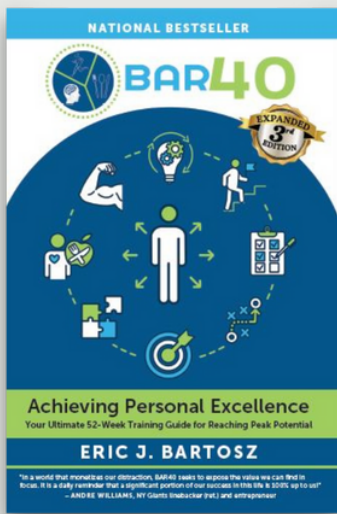
WWW.BAR40.ORG



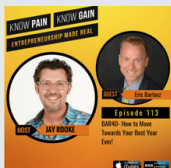
For anyone looking to elevate their life to the next level and pursue the best version of themselves, the bestselling BAR40 methodology offers the framework and guidelines that will help you achieve the ultimate year of reaching your full potential. BAR40 is a 52-week program designed to provide the foundation and tools for creating new life-changing habits in core areas such as mindset, habit, diet, and fitness. While BAR40 makes no claims of easy results with no effort, what it does deliver are fundamental improvements through commitment, dedication, and personal accountability. These self-mastery skills will have you performing at peak levels while looking and feeling your best!

## FOCUS AREAS

- MINDSET AND OPTIMAL MENTAL WELLNESS
- SUSTAINABLE DIET CHANGES
- FITNESS PLANS BUILT AROUND YOUR PREFERENCES
- HABIT FORMATION AND ELIMINATION STRATEGIES
- PERSONAL ACCOUNTABILITY
- SLEEP HYGIENE AND THE BAR40 SOBER CHALLENGE
- STRATEGIC LIFE PLANNING TECHNIQUES



As Seen On



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