



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

*Chris Hardwick*

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**Nerd superstar Chris Hardwick offers his fellow "creative obsessives" crucial information needed to come out on top in the current Nerd uprising.**

As a lifelong member of "The Nerd Herd," as he calls it, Chris Hardwick has learned all there is to know about Nerds. Developing a system, blog, and podcasts, Hardwick shares hard-earned wisdom about turning seeming weakness into world-dominating strengths in the hilarious self-help book, *The Nerdist Way*.

From keeping their heart rate below hummingbird levels to managing the avalanche of sadness that is their in-boxes; from becoming evil geniuses to attracting wealth by turning down work, Hardwick reveals the secrets that can help readers achieve their goals by tapping into their true nerdtastic selves.

Here Nerds will learn how to:

- Become their own time cop
- Tell panic attacks to go suck it
- Use incremental fitness to ward off predators A Nerd's brain is a laser-it's time they learn to point and fire!

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