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Man 2.0 is the result of 10 years of work and research into natural hormone optimisation. For more information visit www.romanfitnesssystems.com or @johnromaniello. Adam Bornstein is a regular contributor to Livestrong, the largest health and fitness website and forum in the world with over 18 million unique visitors per month and its former editorial director.

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In Man 2.0: Engineering the Alpha, Romaniello and Adam Bornstein present proven, powerful ways for men to improve physical, emotional, sexual, and psychological health. From research in Olympic labs to real-life results with their clients, they are reinventing masculinity and showing every man how to become exactly who he wants to be...

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