

# THE 24 HOUR RESET

## JONNY STOFKO



### LIVING A HEALTHY LIFESTYLE DOES NOT HAVE TO BE COMPLICATED...

In *The 24 Hour Reset*, author, Jonny Stofko cleverly details the most common toxic human behaviours that plague our lives today.

Why are you so tired all the time?

How come it's so difficult to lose weight?

Why can't you be more productive throughout your day?

Offering a simple perspective towards over-complicated issues, packed with sassy personal experiences, philosophical advice from leaders and thinkers, expert interviews and at times, emotional and heartfelt experiences. *The 24 Hour Reset* stands alone from other wellness books as Jonny will uncover the science and theory behind many of your questions and deliver answers through his tested techniques and his simple yet applicable daily habits designed to assist you in living a healthier lifestyle...

### ABOUT THE AUTHOR



Jonny was born and raised in the United States, he is now a human performance specialist living in Sydney, Australia. Jonny holds a B.S in Sports Psychology combined with a Postgraduate Master's in Leadership and Personal Development. He runs his popular "Jonny Stofko Coaching" business from his gym in Sydney where his clients learn firsthand the fundamentals behind functional strength training along with western boxing. Jonny has been the host of multiple successful podcasts since 2015, most

recently being the voice behind the popular iTunes and Spotify podcast called "UNGOOGLEABLE" which he's been running since 2018. In 2019, Jonny became a first time published author with the release of his first published work titled *Ungoogleable: The Success Secrets of Modern Day Giants*. This book tells 11 different stories from interviews that Jonny had recorded with experts from all over the world, featuring an impressive guest list including world champions, entrepreneurs and best-selling authors. Jonny has also recently completed filming and writing his first full feature documentary called "How The F\$%k Did I Get Here?"

ISBN	9781922850515
Publication Date	25 OCT 2023
Genre	Self-Help
Format	Paperback
Audience	General
Author Location	Melbourne, VIC

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### A CONVERSATION WITH THE AUTHOR

#### WHY DID YOU WRITE *THE 24 HOUR RESET*? WHAT WERE YOUR INSPIRATIONS?

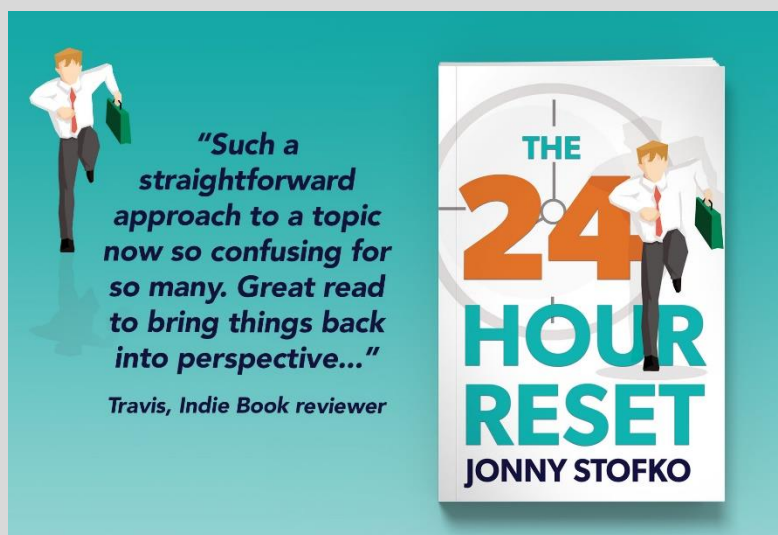
*I was inspired by the loss of my father due to an unhealthy lifestyle and by my clients who rely on me to help them with their health. I also wanted to share with the world that, regarding their own health, they do have the power to help themselves.*

#### WHAT HAS YOUR JOURNEY WITH WRITING BEEN LIKE?

*I wish I could have told my younger self to keep writing and to take more English classes. I knew I wanted to write from very young, writing my first book as early as seven years old.*

*My biggest challenge when writing my books is to find the confidence to share it with people, but for me literary success is simply having strangers read my work.*

*My process of writing is actually to start by recording myself speaking first and to later turn it into a written piece. The whole writing process for this book took me about 8 weeks, but I base it on so much prior experience and interviews so it is really pulling all that information together.*



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