

Why Your Stomach May Hold the Key to Your Mental Performance



Don't just blame your apathy or lack of productivity on a weak mental attitude.

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Feeling flat or depressed?

Don't just blame it on a weak mental attitude. Your gut may hold the key to unlocking peak mental performance and overcoming depression. In the second season of *60 Seconds to Unstoppable*, Entrepreneur Network partner Ben Angel shares insight into the gut microbiome and its connection to your psychology.

Want to become unstoppable in business and in life? Take this 60-second quiz now to find out what's really holding you back, and be sure to grab a copy of Angel's new book, *Unstoppable*, today.

Related: Do You Have Trouble Sleeping? If So, This Might Help.

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