



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

By 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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The Nerdist Way: How to Reach the Next Level (In Real Life) By Chris Hardwick Bibliography

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Editorial Review

Review

"He is among the most influential public faces of nerd culture today."—*The New York Times*

"A self-help book has never been so funny. Or potentially beneficial—to nerds and garden-variety humans alike."—Associated Press

"Solid self-help book rife with nerdy pop-culture references, a few personal anecdotes, and plenty of enthusiasm."—*AV Club*

"Chris Hardwick is king of the nerds. And he's a good king. Like Aragorn. Follow him."—Rainn Wilson

"Chris Hardwick is a Nerd's Nerd's Nerd. The third nerd denotes his understanding of Nerddom on a meta-level. He has broken the chains of his Nerd Bondage to become a successful, well-dressed, famous dude who hasn't forgotten where he came from."—Adam Savage

About the Author

Chris Hardwick is a stand-up comedian, TV host, writer, and founder of Nerdist Industries, a company dedicated to creating multi-platform content for Nerds. He has more than one million Twitter followers. He lives in Los Angeles, California.

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