



Muscle Intelligence: 2021, a Year in Review

1. [New Man Emerging with Mike Desanti](#) on intentionality, honesty, and creating the life you were meant to lead.
2. [The Essentials for Success in Bodybuilding and Body Transformations with Muscle Nerd Luke Leaman](#) about the art of coaching, and an intelligent approach to individualized client programming.
3. [The Power of Your Breath with World-Renowned Breathing Expert Patrick McKeown](#) on nasal breathing and powerful life changes.
4. [Create Your Reality to Express Your Greatness with Peter Crone, the Mind Architect](#) on awareness, compassion, and undoing the programming of our subconscious mind.
5. [An Individualized, Demand-Based Framework of Nutrition with Sam Miller](#) on the cyclical nature of dieting, as well as circadian biology and its implication on nutrition, for elite performers.
6. [Crush Your Goals by Reframing Your Mindset and Beliefs with Kasey Jo Orvidas, Ph.D.](#) on the latest research around growth mindset, and how to set effective goals.
7. [A Muscle Building Framework: What I wish Someone had told me about Adding Muscle and Transforming any Body](#): a solocast from Ben that encourages you to explore the expansion of the perception of exercise as merely hard work and effort.

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