



BARELY LEGAL WITH **NATE AMENDOLA**

Criminal Defense Law Firm in Massachusetts

Morning and Night Routines

Consider that your mind is the greatest supercomputer that's ever been created. That 3-pound mass between your ears contains 100 billion neurons. It's a machine of unmatched power. All powerful machines require routine maintenance and many of them function by initiating boot-up and wind-down sequences. Super machines need to be warmed and wound down. So does your brain.

My Morning Boot-Up Sequence

4:30 AM wake to an alarm kept in the bathroom. Huge breath of air, feet on floor, turn off alarm. Though it's tempting beyond description, no snoozing.

Cold glass of water mixed with Athletic Greens, two capsules each of Fish Oil, Tongkat Ali, and Fadogia Agrestis (all from Momentus)

20 minutes of unguided meditation

10 minutes of exposure to sunlight, even through clouds (science tells us that this does all sorts of wonders to the human body, including resetting our internal clock to fall asleep 14-16 hours later. This WORKS)

Avoid unnecessary exposure to unnatural light (light bulbs and cell phone).

Head to the gym around 5:15 AM

My Evening Wind Down

6 PM: my last meal. I try not to eat within 3 hours of falling asleep. Try this. You'll sleep better.

7 PM: read to kids, put them to sleep. Wonderful emotional charge from this ritual.

7- 8 PM: engage in some singular cognitive task. Right now, I'm teaching myself to play bluegrass mandolin. This activity allows me to train my brain in something that I don't already know how to do and helps me process the day by not thinking about it.

8-9 PM: read, every night without exception.

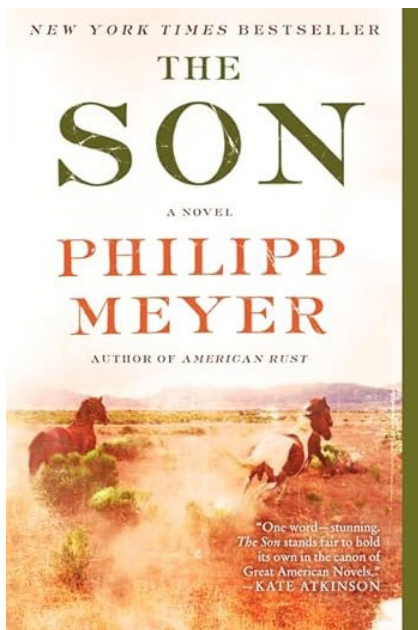
Avoid unnecessary exposure to unnatural light after 8 PM. This means the cell phone is away and no TV. I sleep like a baby.

Pajamas

What do men wear to sleep? Pajamas? That never made sense to me. Ditch the gym shorts and go with Jambys

[Jamby's Website](#)

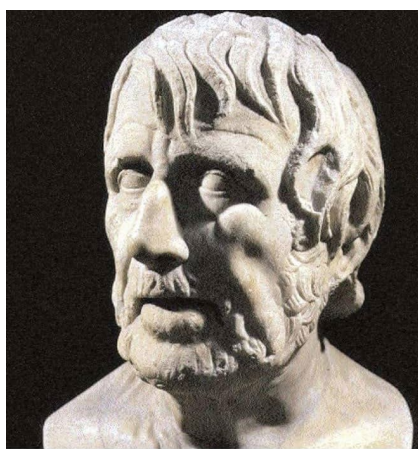
Recommended Reading



The Son

By: Philip Meyer

This is by far the best novel I've read in years. I read it as slowly as possible to savor every word. Follow young Eli McCollough as he is kidnapped by a band of Commanche Indians, later adopted by them, and how the whole experience unfolds and influences generations of McColloughs for years to follow. Truly 5 stars.



Letters from a Stoic

By: Lucius Annaeus Seneca

This book has been so impactful for me that I've twice begged my wife to name our children simply "Seneca." I was unsuccessful. Remember, our brains are supercomputers and supercomputers need to be programmed with code to operate. Stoic philosophy is the programming language for your brain.

