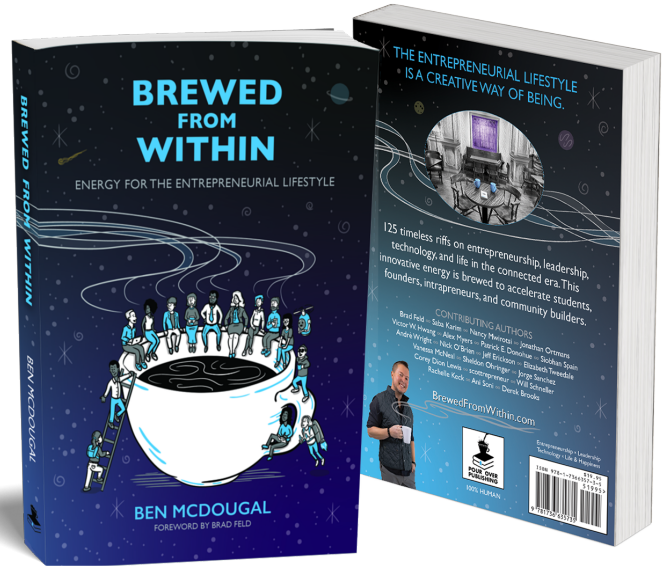




# BOOK SUMMARY

**Title:** Brewed From Within:  
Energy for the Entrepreneurial Lifestyle  
**Author:** Ben McDougal  
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**Publisher:** Pour Over Publishing  
**Available Formats:** Paperback & eBook  
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**Length:** 350 Pages  
**Type:** Non-Fiction  
**Genre:** Business / Entrepreneurship / Technology  
**Audience:** Students / Founders / Intrapreneurs



## BrewedFromWithin.com

***Brewed From Within: Energy for the Entrepreneurial Lifestyle* compiles 125+ riffs into four timeless sections, featuring an impressive collection of 20+ contributing authors and an extraordinary level of digital depth.**

After a cosmic *Foreword* from Brad Feld, we open with *Part 1: Entrepreneurship*, This opening section expands on the author's first book, *You Don't Need This Book: Entrepreneurship in our Connected Era (2021)*. *Part 2: Leadership* is a fascinating shift into connecting community, adaptive education, and growing teams with a shared direction. Then we get nerdy! *Part 3: Technology* flexes the mind, yet the narrative remains ultra accessible as your friendly wayfinder translates nerd to normal. The final section, *Part 4: Life & Happiness*, brings the energy home as we navigate and celebrate why people like us, do things like this. Value is vast in this important book from Ben McDougal, with free prizes along the way and closing materials to keep us exploring as we build in a connected era... **TOGETHER.**



### Meet The Author

**Ben McDougal** is a 2x author, 5x founder, podcaster, traveler, community connector, technologist, and audience favorite who activates students, founders, intrapreneurs, and fellow leaders throughout America and beyond.

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Ask about the speaker one sheet to explore live events, campus visits, startup community tours, keynotes, podcasting, fireside chats, and more!

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26-100 — \$17.95/ea.  
101-250 — \$14.95/ea.  
250+ — \$12.95/ea.

