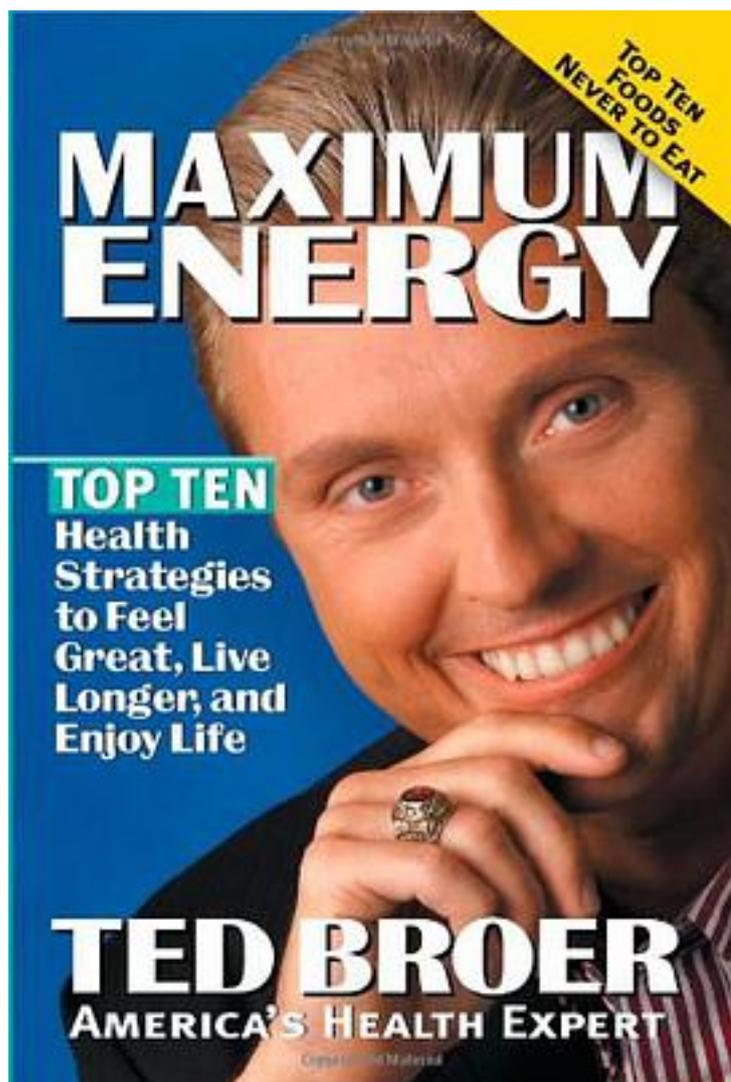


Maximum Energy



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30 days to improve your energy level and general health...no matter how you feel today "I don't believe in diets, and I am not going to tell you to give up everything you like to eat-just the things that can kill you before your time," says Broer. God created your body to operate at maximum energy and efficiency levels, but these levels vary according to your lifestyle and by what you eat and drink each day. Living healthier is about more than getting exercise and taking vitamins. Ted Broer addresses a variety of lifestyle essentials, including pure water, natural fiber, antioxidants, essential fats, sleeping habits, deep breathing, sunshine and fresh air, and learning how to relax. Maximum Energy is about following ten strategies, discovering healthy solutions, and experiencing more energy than ever before Ted Broer says, "It is amazing to see what a difference just a few quality choices can make."

作者介绍:

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