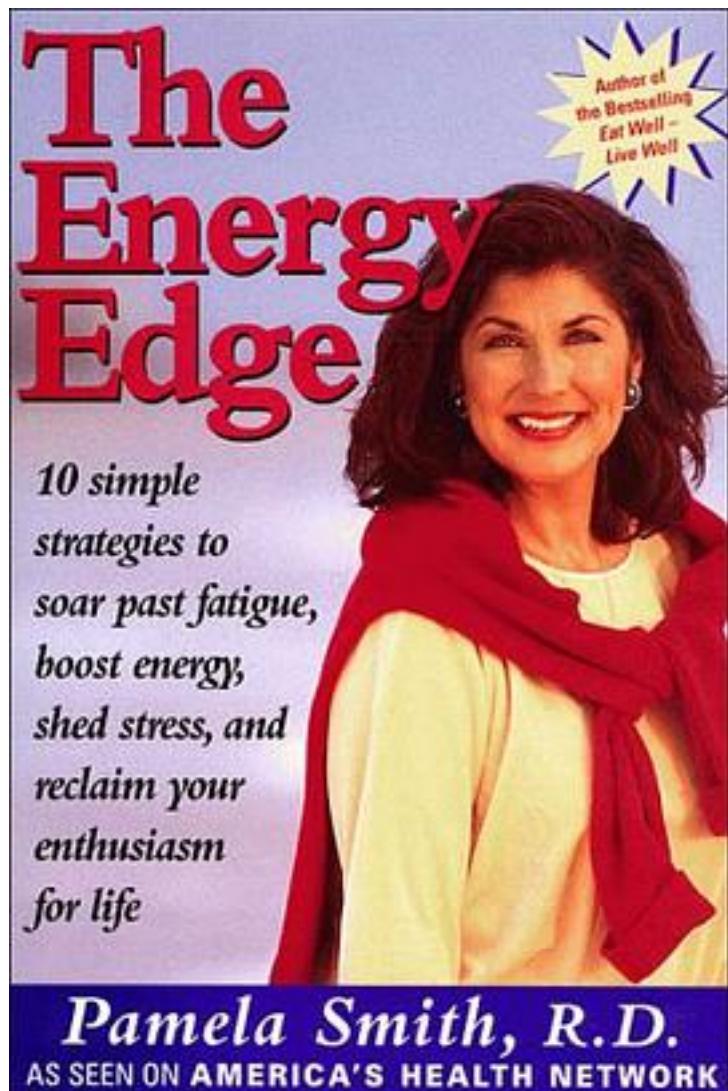


The Energy Edge



[The Energy Edge 下载链接1](#)

著者:Smith, Pamela

出版者:Regnery Publishing

出版时间:1999-1

装帧:Hardcover

isbn:9780895263315

Sharpened concentration, enduring memory, high productivity, overcoming stress. This is the "edge" we need for living effective, fulfilled lives. Yet energy is a premium commodity in these super-stressful times: and it is becoming ever more elusive as our frantic schedules overwhelm our daily lives. Many get by on fumes and just "getting through" becomes their battle cry. Now The Energy Edge provides education and motivation for making simple lifestyle changes that provide for an unstoppable energy flow.

作者介绍:

目录:

[The Energy Edge 下载链接1](#)

标签

评论

[The Energy Edge 下载链接1](#)

书评

[The Energy Edge 下载链接1](#)