

Collins Gem 100 Ways to Boost Your Energy

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100 Ways to Boost Your Energy

Instant
get-up-and-go



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For those who feel mentally or physically drained, or just in need of a good pick-me-up,

this practical pocket guide offers 100 simple and effective ideas to help boost daily energy levels. Areas addressed include food, exercise, vitamins and supplements, positive thinking, and mental workouts, and techniques for increasing stamina and building up reserves of energy are also provided. The introductory section explores bodily energy and explains how energy is both gained and lost. A short quiz will help the fatigued locate sources of energy loss and identify the best strategies for restoring pep and vigor.

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目录:

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