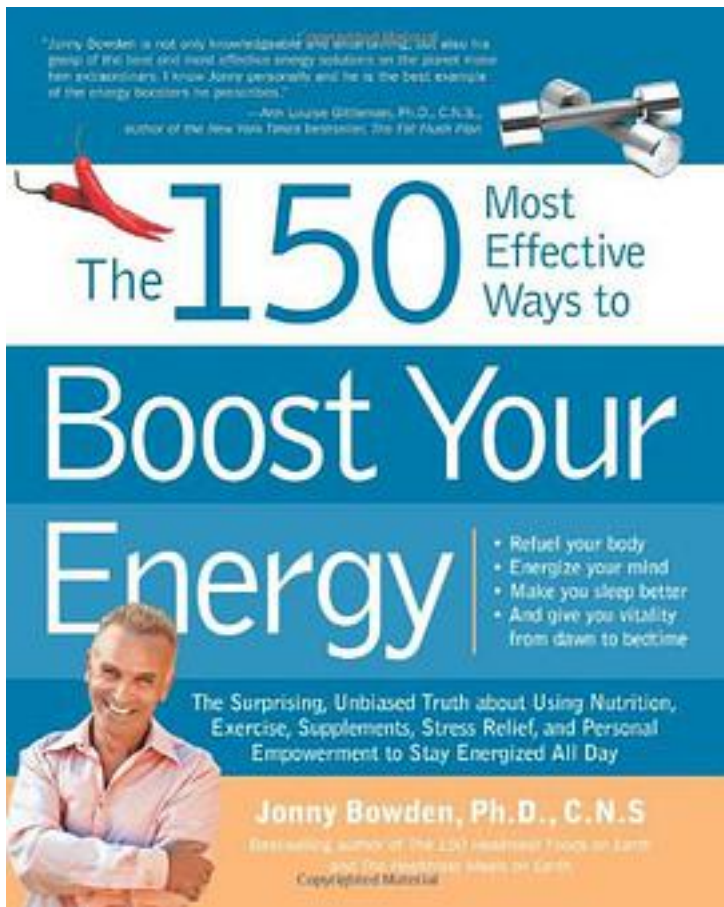


# The 150 Most Effective Ways to Boost Your Energy



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"The 150 Most Effective Ways to Boost Your Energy" shows anyone how to get more energy out of their body--naturally. Nationally known health expert Jonny Bowden presents small changes anyone can implement up front for big energy--such as what to eat for all-day endurance, when to time a workout for the biggest brain boost, or

how working with (or against) natural light cycles can make your sleep restorative or slump-inducing. Energy starts with attitude--readers will learn how to "think" like a high-energy person and use breathing techniques, meditation, and exercise to bust stress, beat fatigue, and boost stamina. Readers learn how physical factors such as toxins, eating patterns, and nutritional deficiencies can sabotage strength--and how they can be corrected with proper diet and supplements. "The 150 Most Effective Ways to Boost Your Energy "gives readers a complete program to go from exhausted to energized.

作者介绍:

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