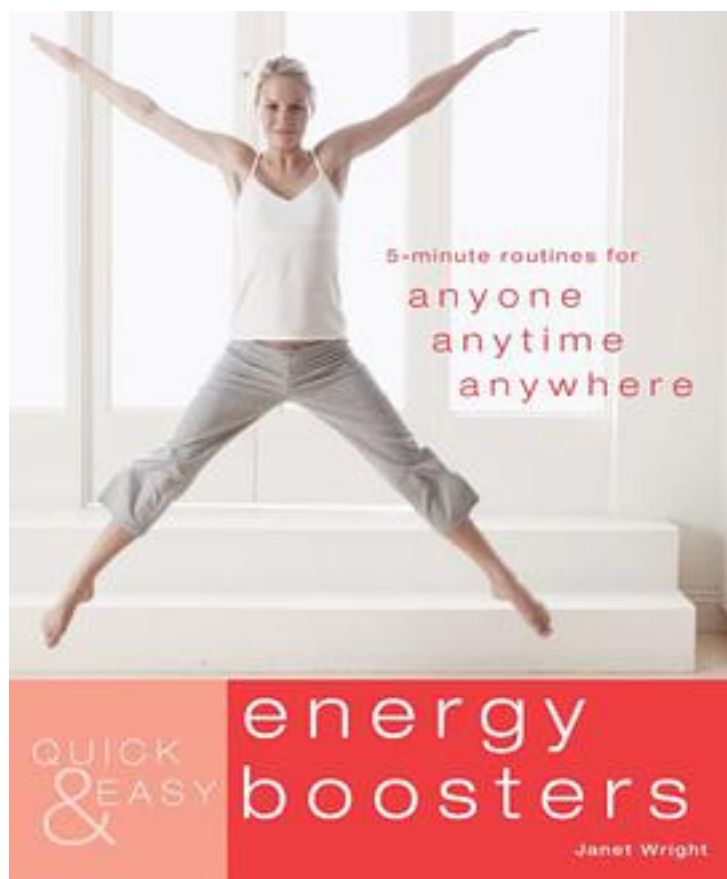


# Quick & Easy Energy Boosters



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Too many people wake up without energy to face the day--and find that caffeine and sugar can only do so much to make up the deficit. Here's the healthy answer: a pocket-size guide to postures, routines, and techniques that banish lethargy and spike a person's energy level in five minutes or less, and which can be practiced just about anywhere. With choices for re-energizing body, mind, and spirit that include yoga,

meditation, Pilates, shiatsu, reflexology, and more, there's sure to be an approach to suit anyone.

作者介绍:

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