



## Eat Your Way to the Top: 31 habits for optimising your potential at work and beyond

By Angela Steel

SuperWellness Publishing. Paperback. Condition: New. 256 pages. Dimensions: 9.0in. x 6.0in. x 0.6in. Are the food choices you're making fuelling success, or are they secretly preventing you from reaching your full potential? It's not just athletes who benefit from optimising their diet. A recent study led by Brigham Young University concluded that the impact diet has on work performance and productivity is as high as 66%. Imagine what a difference a 10% improvement in productivity would have on your life, let alone 66%! Eat Your Way to the Top shows you how to plug the gap, in a way that fits with the demands of a busy life. The first two chapters reveal: The Eat Your Way to the Top Formula, based on scientific evidence, not fads. The nutrition myths that undermine your success. How to optimise your metabolism throughout the day. Some tips about food allergies and intolerances. How to get consistent high energy levels. The following chapters are organised around themes such as Putting the essentials in place or Travelling and rushing to meetings. They cover the 31 habits, including: Being carb-savvy. Having a healthy coffee strategy. Making hotel breakfasts work for you. Great snacks for the road. Going...



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