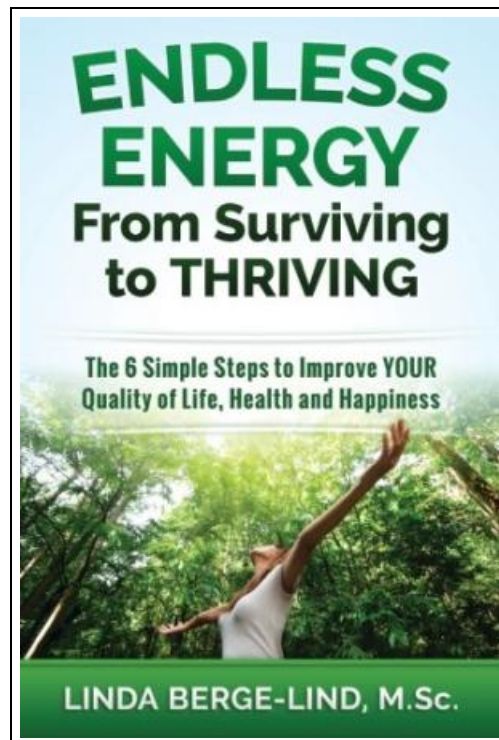


Endless Energy from Surviving to Thriving: The 6 Simple Steps to Improve Your Quality of Life, Health Happiness (Paperback)



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Reviews

*It is one of my personal favorite books. It is one of the most incredible ebooks I have ever gone through. You will not feel monotony at any moment of your own time (that's what catalogues are for relating to if you ask me).
(Giuseppe Mills)*

ENDLESS ENERGY FROM SURVIVING TO THRIVING: THE 6 SIMPLE STEPS TO IMPROVE YOUR QUALITY OF LIFE, HEALTH HAPPINESS (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.You are fatigued, and you do not have the energy you want for your family and friends. You wonder if this is normal and if this is how the rest of your life will be like. You have tried so many things that just have not worked. The problem is that you just do not have the energy to search and do trial and error to find a sustainable solution. Stop using quick fix solutions like sugar, caffeine and energy drinks that does more harm than good. Rather, there are simple yet effective lifestyle changes that will drastically improve your energy level and leave you fully present in every situation of your life. And the simple steps are right here in this book! Five years ago, my life looked totally different compared to now. Back then, I had muscle and joint pain, foggy brain, digestive problems and I was extremely fatigued. However, nothing really seemed to be medically wrong with me, and no doctor I consulted could help me. I decided to take matters in my own hands and started to listen to the signals my body was sending me. It took a lot of trial and error, since I at that time did not have a Health Coach to guide me. However, my ability to never give up and to keep searching brought me to the healthy diet and lifestyle that would allow my body to heal from the inside out! When I realized how massive an impact the right lifestyle changes can have on the body, I got a burning passion for sharing my hard earned knowledge with the world. I have gathered all my key learnings and...

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