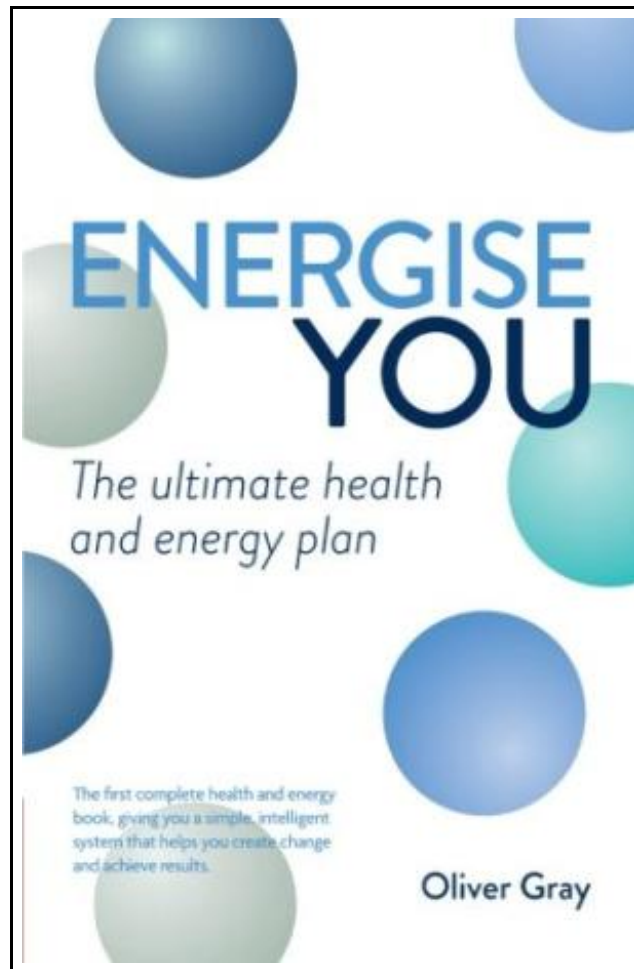


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Reviews

Comprehensive manual for ebook fans. I am quite late in start reading this one, but better then never. Its been written in an exceptionally basic way and is particularly merely soon after i finished reading this publication in which really changed me, affect the way in my opinion.
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ENERGISE YOU: THE ULTIMATE STRESS-BUSTING HEALTH & ENERGY PLAN - A SIMPLE YET POWERFUL SYSTEM TO ACHIEVE GREAT HEALTH, ENERGY AND HAPPINESS



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Crimson Publishing. Paperback. Book Condition: new. BRAND NEW, Energise You: The Ultimate Stress-busting Health & Energy Plan - A Simple Yet Powerful System to Achieve Great Health, Energy and Happiness, Oliver Gray, Dubbed the 'ultimate energy plan' by those who have used it, ENERGISE YOU offers a SIMPLE yet powerful system to achieve great health, energy & happiness. The book covers: *Mind management - how to stay positive, happy and energised*Nutrition - how to lose weight easily and achieve great energy*Sleep - the secret to great sleep so you awake feeling energised*Exercise - how to get fit and energised with or without a gym*Computer use - healthy computer practices that keep you energised*Re-energise - how to re-energise mind and body*Work-life balance - how to achieve balance in all the areas of your life*Quick fix chapter - 50 extra actions that will boost your energy NOW Oliver Gray is the UK's leading expert on health and energy. ENERGISE YOU packs twenty years of research and experience into seven simple steps that will help you achieve lasting results.



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