



Secret of Vigor: How to Overcome Burnout, Restore Metabolic Balance, and Reclaim Your Natural Energy (Paperback)

By Shawn Talbott PH.D., Facsm

Hunter House Inc., U.S., United States, 2013. Paperback. Book Condition: New. New.. 216 x 140 mm. Language: English . Brand New Book. The Secret of Vigor: How to Overcome Burnout, Restore Metabolic Balance, and Reclaim Your Natural Energy is a proven and powerful, cutting-edge, 7-day program that can counter the effects of chronic stress to help people: 1. restore balance in the body 2. improve mental/physical energy 3. reduce fatigue 4. alleviate depression 5. sharpen mental focus 6. lose weight 7. manage their risk of diabetes, cancer and heart disease Millions of North Americans complain of feeling tired, stressed, or depressed. Their daily routine is hectic and stressful, they suffer from constant fatigue, rarely sleep well, continue to gain weight, and at least occasionally are moody. In short, they are lacking in something that psychology researchers call Vigor. Vigor is defined as a 3-tiered sustained mood state characterized by physical energy, mental acuity, and emotional well-being. Vigor is a true measure of wellness because it encompasses much more than simply feeling energetic or being in a good mood or having a sharp mind. People with high levels of vigor are those can-do individuals who get things done - they are motivated....



READ ONLINE
[1.61 MB]

Reviews

It is really an remarkable book i have at any time study. It is rally intriguing throug reading through time. Your life period will likely be change when you complete looking at this pdf.

-- **Alyce Lemke**

If you need to adding benefit, a must buy book. It really is writter in straightforward words and phrases and not confusing. You will not feel monotony at anytime of your respective time (that's what catalogues are for concerning if you ask me).

-- **Dr. Celestino Treutel**

Other PDFs



The Poor Man and His Princess (Paperback)

Mark Martinez, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.The Poor Man and His Princess is a children s short story about unconditional love, and the connection made...



Coralie (Paperback)

1st World Library, United States, 2005. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Purchase one of 1st World Library s Classic Books and help support our free internet library of downloadable...



The Range Dwellers (Paperback)

1st World Library, United States, 2005. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Purchase one of 1st World Library s Classic Books and help support our free internet library of downloadable...



Finally Free (Paperback)

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Its been four years since Malakais death, and Kinara couldnt be happier. She and Amir are married...



The Stories Mother Nature Told Her Children (Paperback)

1st World Library, United States, 2005. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Purchase one of 1st World Library s Classic Books and help support our free internet library of downloadable...



I Wish My Teacher Knew: How One Question Can Change Everything for Our Kids (Hardback)

The Perseus Books Group, United States, 2016. Hardback. Book Condition: New. 210 x 140 mm. Language: English . Brand New Book. One day, third-grade teacher Kyle Schwartz asked her students to fill-in-the-blank in this sentence: I wish my teacher knew . The...