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Energy Tweaks: Supercharge You Energy and Thrive in the Modern World

By Rory Fintan Bell

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.ENERGY TWEAKS Are you sick and tired of feeling sick and tired? I was ten years ago. That is why I made it my mission to get healthy and energized. Within Energy Tweaks, you will learn some startling information why this generation so overwhelmed, stressed, fatigued and is currently so susceptible to chronic diseases. Most importantly I will give you the top ten energy tweaks that I personally used to get healthy and supercharge my energy levels. You will be able to easily meet the challenges of life. Within the book I explore precious eastern wisdom combined with cutting edge western scientific breakthroughs to take your life to the next level. If you implement these solutions and strategies, you will have an abundance of energy to play with your kids, fulfil your dreams and goals, live life with joy and abundance, increase athletic performance, excel at work and most importantly live with passion and purpose. Supercharge your energy and thrive in the modern world The book will explore- 1. the current biggest health challenges in...



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