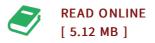




## The Fatigue Prescription Four Steps to Renewing Your Energy, Health, and Life

By Linda Hawes Clever

Viva Editions. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 8.2in. x 5.5in. x 0.7in.Dr. Linda Clever has developed a do-it-yourself tool kit with The Fatigue Prescription, based on years of medical practice, life experience, and the success of RENEW. Filled with easy selfassessments, informational charts, and sound advice from a physician who healed herself, this book will help you avoid illness, reset priorities, and most importantly, regain your health and happiness. Are you living your to-do list rather than living your life Many of us run from task to task and are burning the nearly non-existent candle at both ends. We are sleep-deprived, overworked, overwhelmed, and undernourished in body and soul. We slam energy drinks, gnaw energy bars, and constantly drink caffeine to keep going as our adrenal glands struggle to keep up. Most of us are one health crisis away from financial devastationand yet, we are hurtling towards physical breakdown each over-scheduled day. Our lives demand too much of us; when everything is a priority, this can make us sick and tired. Dr. Clever discovered the personal cost of this lifestyle and has since devoted herself to helping people renew themselves and regain balance in life. This item...



## Reviews

This publication may be worth purchasing. it was actually writtern quite flawlessly and valuable. I am just happy to tell you that this is actually the very best book i actually have study inside my personal life and can be he best ebook for actually.

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This is the greatest book we have study right up until now. This can be for all those who statte that there was not a worth reading. Your lifestyle period will probably be enhance when you complete looking at this ebook.

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