



## All Day Energy Diet: Double Your Energy in 7 Days

By Yuri Elkaim

Hay House Inc. Paperback. Book Condition: new. BRAND NEW, All Day Energy Diet: Double Your Energy in 7 Days, Yuri Elkaim, \* Feel Alive and Youth Again \* Reclaim Your Health \* Accomplish Your Biggest Goals \* Unleash That Super-parent (or Grandparent) Inside of You \* Be More Productive \* Feel Great about Yourself! These are health and fitness expert Yuri Elkaim's promises to you as you incorporate the All-day Energy Diet into your life. Follow it to the letter, or choose your favourite energy pick-me ups - either way, you'll look and feel great in just seven days' time. Yuri knows, because he has experienced it in his own life and seen it happen with thousands of clients. It doesn't matter whether you're the unhealthiest, most lethargic person in the world or a super-healthy fitness buff. If you're a human from planet Earth, this can work for you, too. At least, you can say good-bye to those sluggish mornings and dragging, dreary workdays. No longer will you be sidelines, lying on the couch at night in utter fatigue. Finally, you can get the knowledge and tools you need to make things better and enjoy the health and body you...



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