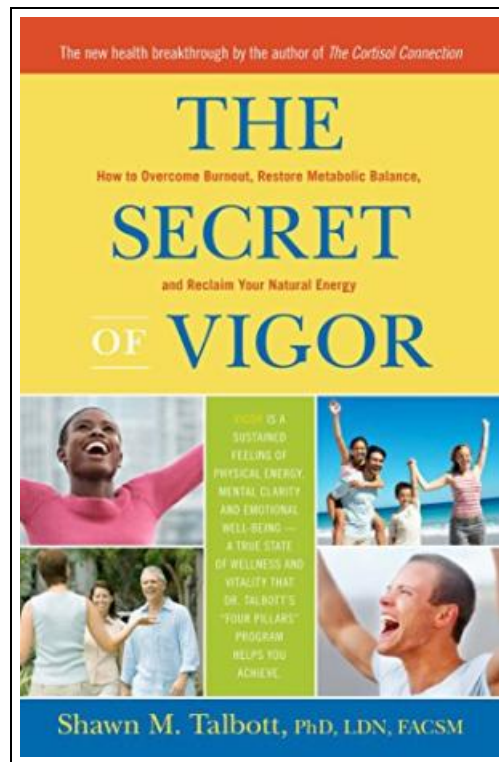


## The Secret of Vigor: How to Overcome Burnout, Restore Metabolic Balance, and Reclaim Your Natural Energy (Hardback)



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## THE SECRET OF VIGOR: HOW TO OVERCOME BURNOUT, RESTORE METABOLIC BALANCE, AND RECLAIM YOUR NATURAL ENERGY (HARDBACK)



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Hunter House Publishers, United States, 2011. Hardback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. 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 re motivated. For many people, however, vigor is a state that they have not experienced in many years. Chronic stress plays a major role in disrupting vigor. Talbott explains that we can dramatically reduce stress, cut fatigue and improve vigor by achieving Oxidative Balance, Stress Hormone Balance, Blood Sugar Balance, and Inflammatory Balance which he refers to as the Four Pillars of Health. His approach to achieving this is similar to the highly practical and approachable nutrition and supplementation plan in his earlier book, The Cortisol Connection, but is based on his last ten years of research helping...



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