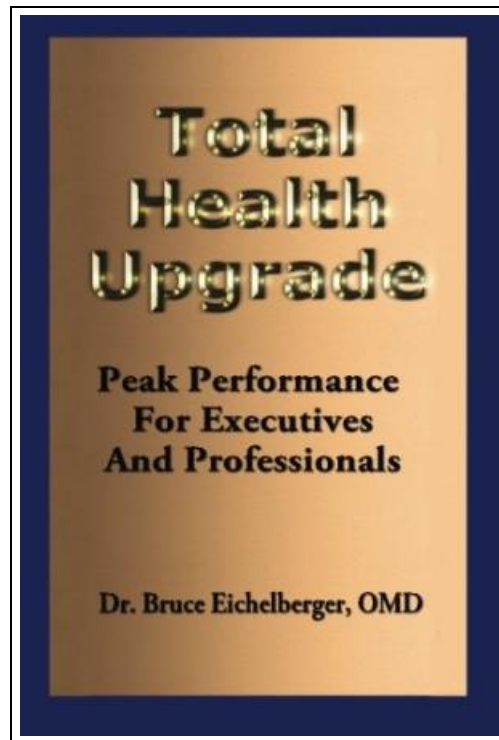


Total Health Upgrade: Peak Performance for Executives and Professionals



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TOTAL HEALTH UPGRADE: PEAK PERFORMANCE FOR EXECUTIVES AND PROFESSIONALS



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Total Health Upgrade A step-by-step program for executives and professionals to improve their health, productivity and performance. Busy executives and professionals don't always take time to optimize their health. And just when they are hitting their peak years of productivity, that's usually when their health starts to decline. Symptoms of this often include less energy, poorer mental focus and physical symptoms like aches and pains. None of them are fatal, but neither do they promote peak performance. And the medical world doesn't have much more than a band-aid approach to fixing them. But it doesn't have to be this way. There are simple steps you can take to stop and even reverse this trend. Giving you the information you need is the purpose of this short, information-packed book. The book covers natural ways to reduce symptoms, correct underlying problems and restore health. It also offers a step-by-step program for achieving better health. Improving your health offers you greater enjoyment of work and life in general. It also gives you the foundation for peak performance. It's the exact blueprint that has allowed the author to be energetic and productive well past his 60th birthday.



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