



## The Exhaustion Cure: Up Your Energy from Low to Go in 21 Days

By Laura Stack

Broadway Books (A Division of Bantam Doubleday Dell Publishing Group Inc), United States, 2008. Paperback. Book Condition: New. 201 x 132 mm. Language: English . Brand New Book. Feeling fatigued? Wish you could have more get-up-and-go? If you're like millions of Americans, you get home from a long day with barely enough energy to lift the remote control. But with Laura Stack's comprehensive plan, you can regain your vitality in just three weeks. Let The Productivity Pro(R) help you eliminate the energy bandits from all aspects of your life--from your diet and your work schedule to your environment and your relationships--so you can start living in a way that will boost your energy. Focusing on simple changes that make a huge difference, The Exhaustion Cure presents manageable ways to: Cut down on energy bandits and fill up on energy boosters. Stop relying on caffeine, cigarettes and other substances to keep you going. Avoid letting negative situations or people control your thoughts and actions. Sneak in time for fitness during the busiest days. Accomplish your goals and find more time to devote to your family. LAURA STACK, MBA, CSP, is a personal productivity expert and the author of Leave the...



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