



The Ultimate Recipe for an Energetic Life: Simple Steps to Eating Well and Feeling Your Best

By Kathy Parry

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 192 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. Do you need caffeine and chocolate to make it through your day? Are you dragging by mid-afternoon? Unfocused. Unproductive. You're not alone. Millions of people feel tired and sluggish even worn down on a daily basis. The Ultimate Recipe for an Energetic Life gives you the information you need and desire to finally feel vital and productive! Inside you will learn: The six simple steps you must take to live an energetic and engaged life! How to uncover the foods you're eating right now that are wreaking havoc on your body and keeping you tired all day long! Easy, delicious, and healthful recipes that will save you time and boost your energy levels so you can not only keep up you can speed up! Success habits you can change TONIGHT to feel rested and ready-to-go tomorrow morning! Each chapter teaches you important information about how you are sabotaging your energy levels, while giving you tips and tactics to combat these habits. You'll receive action steps that will give you a starting point for change. AND each chapter includes delicious,...



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