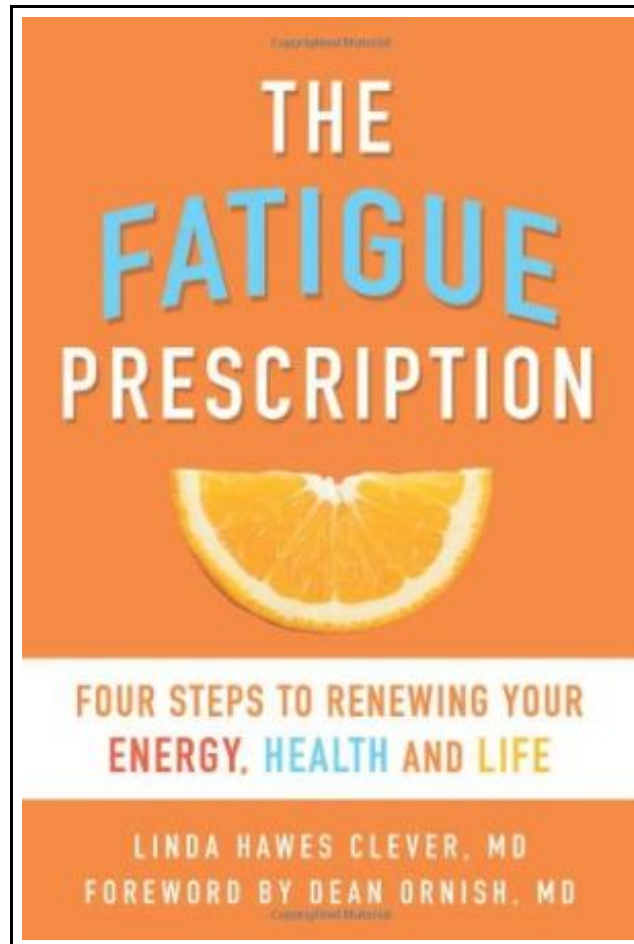


The Fatigue Prescription Four Steps to Renewing Your Energy, Health, and Life



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Reviews

I just started off reading this article ebook. It is actually written in basic words and not confusing. I am just very happy to let you know that this is the best ebook I actually have read through inside my individual daily life and can be the finest ebook for possibly.
(Dayne Johns)

THE FATIGUE PRESCRIPTION FOUR STEPS TO RENEWING YOUR ENERGY, HEALTH, AND LIFE



Viva Editions. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 8.2in. x 5.5in. x 0.7in. Dr. Linda Clever has developed a do-it-yourself tool kit with The Fatigue Prescription, based on years of medical practice, life experience, and the success of RENEW. Filled with easy self-assessments, informational charts, and sound advice from a physician who healed herself, this book will help you avoid illness, reset priorities, and most importantly, regain your health and happiness. Are you living your to-do list rather than living your life? Many of us run from task to task and are burning the nearly non-existent candle at both ends. We are sleep-deprived, overworked, overwhelmed, and undernourished in body and soul. We slam energy drinks, gnaw energy bars, and constantly drink caffeine to keep going as our adrenal glands struggle to keep up. Most of us are one health crisis away from financial devastation and yet, we are hurtling towards physical breakdown each over-scheduled day. Our lives demand too much of us; when everything is a priority, this can make us sick and tired. Dr. Clever discovered the personal cost of this lifestyle and has since devoted herself to helping people renew themselves and regain balance in life. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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