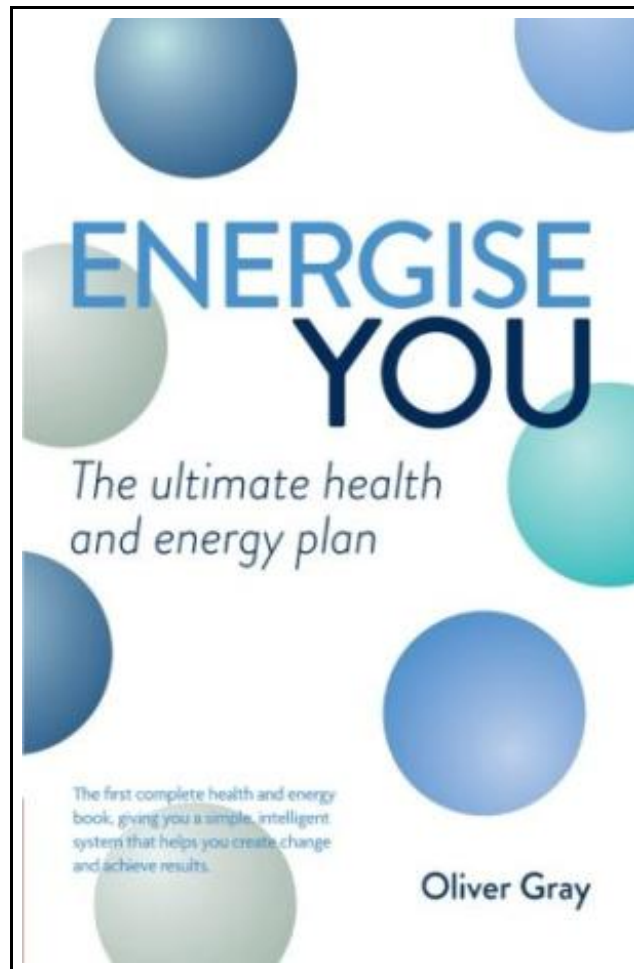


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Crimson Publishing. Paperback. Book Condition: new. BRAND NEW, Energise You: The Ultimate Stress-busting Health & Energy Plan - A Simple Yet Powerful System to Achieve Great Health, Energy and Happiness, Oliver Gray, Dubbed the 'ultimate energy plan' by those who have used it, **ENERGISE YOU** offers a SIMPLE yet powerful system to achieve great health, energy & happiness. The book covers: *Mind management - how to stay positive, happy and energised*Nutrition - how to lose weight easily and achieve great energy*Sleep - the secret to great sleep so you awake feeling energised*Exercise - how to get fit and energised with or without a gym*Computer use - healthy computer practices that keep you energised*Re-energise - how to re-energise mind and body*Work-life balance - how to achieve balance in all the areas of your life*Quick fix chapter - 50 extra actions that will boost your energy NOW Oliver Gray is the UK's leading expert on health and energy. **ENERGISE YOU** packs twenty years of research and experience into seven simple steps that will help you achieve lasting results.

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