

## Energy Hacks: 15 Simple Practical Hacks to Fight Fatigue and Get More Energy All Day (Paperback)



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(Frederique McClure)*

## ENERGY HACKS: 15 SIMPLE PRACTICAL HACKS TO FIGHT FATIGUE AND GET MORE ENERGY ALL DAY (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Unlock The Keys To Fight Fatigue And Get More Energy All Day Having enough energy is vital to getting through the day. For professionals, that means being able to check off the to-do list and clear off the desk of work that has been piling up. For students, that means being able to manage all that studying while also being able to maintain a social life. And for everybody else and in between, simply going through the daily motion of life is exhausting, and by the time they are done for the day, they are ready to crash in bed and don't have the energy to enjoy the things they love but only to return to the grind the next day. What's the worst part of all? Most folks can't even make it through the day with their limited supply of exhausted energy, with so many things left on their plates to do before the afternoon slump hits. As a result, their work begins to suffer and fatigue has begun a norm causing detriments to their health. That is why it's crucial to be able to manually recharge your energy when necessary, and that can be easily accomplished using simple energy hacks. In Energy Hacks, discover how to: - Shock your body awake instantly with icy cold water - Apply the ancient art of acupressure points for energy - Rejuvenate your mind with specific breathing patterns - Overcome tiredness and fatigue by doing self-massages - Incorporate an energy-boosting elixir for 24-hour energy - Substitute the morning cup of Joe with better alternatives - Refuel your energy tank by using a surprising indulgence - Experience the incredible energizing...



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