

A simple, effective, 30-day program designed for anyone who has ever said, I wish I had more energy. Are you tired? Exhausted? Burned out? Millions of us are searching for more energy-thats why theres a Starbucks on every corner and quick-fix energy bars are a multimillion-dollar business. But despite this, were more fatigued and less energized than ever. Jon Gordon, Americas #1 energy coach, knows theres a better way. Based on his work with people all over the world, hes developed a 30-day plan to increase physical, mental, and spiritual energy-in just 10 minutes a day. Gordon starts with a few simple activities (a morning Thank You walk) and substitutions (green tea instead of coffee). But by the end of the 30 days, these small changes translate into big results-as the thousands of people who have already put the plan into action can attest. If you can invest 10 minutes a day in yourself for just one month, you will get addicted to positive energy ... and keep your energy up for the rest of your life.

Perfect for You: A Laurel Heights Novel (Volume 1), Mia Like Crazy, Authentic Spirituality, Joel Sternfeld: Walking the High Line, Fortunes Hand, Semper Fi: The Education of Caroline: The Education of Caroline (The Education Series Book 3), Unleash the Night (Dark-Hunter, Book 9), The Dahlia Trilogy (The Gilded Flower Trilogies Books 4-6),

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