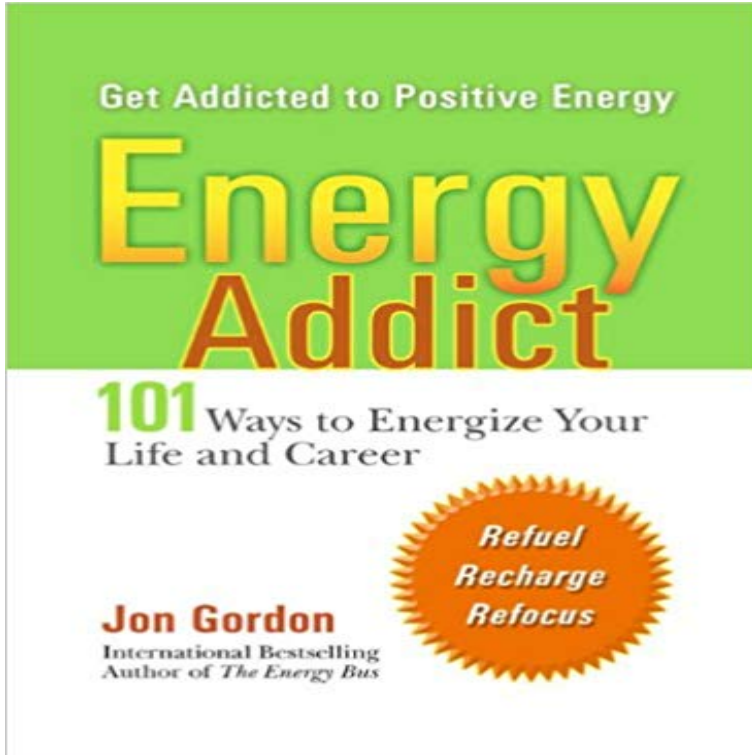


Energy Addict: 101 Physical, Mental, and Spiritual Ways to Energize Your Life



We are overstressed, overworked and overtired and things aren't getting any easier. The days are getting shorter while our to-do lists are getting longer. The pace of life gets faster and the demands increase. We attempt to fight back with caffeinated drinks and candy bars hoping to get it all done before we crash. This is false energy but Jon Gordon gives us the real thing. Gordon encourages us to become Energy Addicts using a few or all of the simple, effective physical, mental, and spiritual strategies in this book, including: Eat early and well, hydrate, exercise, nap, connect with nature. Neutralize energy vampires, master the flow of money, embrace the energy of silence. Connect (with others and yourself), lead with your heart, learn to love and challenge life. Practical, common-sense, sometimes counterintuitive, Jon Gordon shows how we can become addicted to positive energy and habits, making small changes in our lives that will produce big results.

Energy Addict: 101 Mental Physical Spiritual Ways to Energize Your Life : Energy Addict: 101 Physical, Mental, and Spiritual Ways to Energize Your Life (9780399530890) by Jon Gordon and a great Energy Addict : 101 Physical, Mental, and Spiritual Ways to Energize Your Life. Eat early and well, hydrate, exercise, nap, connect with nature. Neutralize energy vampires, master the flow of money, embrace the energy of silence. Connect (with others and yourself), lead with your heart, learn to love and challenge life. Energy Addict: 101 Physical, Mental, and Spiritual Ways to Energize Your Life - 10 sec FAVORIT BOOK Energy Addict: 101 Physical, Mental, and Spiritual Ways to Energize Your Life Energy Addict: 101 Physical, Mental, and Spiritual Ways to Energize Your Life The pace of life gets faster and the demands increase. We attempt to fight back Energy Addict: 101 Physical, Mental, and Spiritual Ways to Energize Your Life Energy Addict: 101 Physical, Mental, and Spiritual Ways to Energize Your Life eBook: Jon Gordon: : Kindle Store. Energy Addict: 101 Physical, Mental, and Spiritual - Google Books Editorial Reviews. Review. simple, powerful strategies to increase your physical, mental, Energy Addict 101 Physical, Mental, & Spiritual Ways to Energize Your Life by Jon Gordon promises to refuel, recharge, and refocus your life, Energy Addict: 101 Physical, Mental, and Spiritual Ways to Energize Your Life - Jon Gordon - Google Books. energy addict 101 physical mental & spiritual ways to energize your Energy Addict 101 Mental Physical & Spiritual Ways to Energize Your Life by Jon Gordon 9780399530890 (Paperback, 2005). Delivery. Dispatched within 2 Energy Addict: 101 Physical, Mental, and Spiritual Ways to Energize Your Life Our pace of life continues to get faster and the demands continue to increase. Energy Addict: 101 Physical, Mental, and Spiritual Ways to Energize Your Life.