



The 150 Most Effective Ways to Boost Your Energy: The Surprising, Unbiased Truth About Using Nutrition, Exercise, Supplements, Stress Relief, and Personal Empowerment to Stay Energized All Day

By Jonny Bowden

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The 150 Most Effective Ways to Boost Your Energy shows anyone how to get more energy out of their body—naturally. Nationally known health expert Jonny Bowden presents small changes anyone can implement up front for big energy—such as what to eat for all-day endurance, when to time a workout for the biggest brain boost, or how working with (or against) natural light cycles can make your sleep restorative or slump-inducing. Energy starts with attitude—you'll learn how to “think” like a high-energy person and use breathing techniques, meditation, and exercise to bust stress, beat fatigue, and boost stamina. You'll also learn how physical factors such as toxins, eating patterns, and nutritional deficiencies can sabotage strength—and how they can be corrected with proper diet and supplements. *The 150 Most Effective Ways to Boost Your Energy* gives you a complete program to go from exhausted to energized.

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Editorial Review

About the Author

Jonny Bowden, Ph.D., C.N.S., also known as The Nutrition Myth Buster, is a nationally known, board-certified nutritionist and expert on diet and weight loss. He has appeared on the Dr. Oz Show, Fox News, CNN, MSNBC, ABC, NBC, and CBS and has contributed to articles in the *New York Times*, *Forbes*, *the Daily Beast*, *Huffington Post*, *Vanity Fair Online*, *Men's Health*, *Prevention*, and dozens of other print and online publications. He is a popular speaker who presents at both academic and consumer events all over the world.

Dr. Jonny is the best-selling author of fifteen books, including *Living Low Carb* (now in its fourth edition), *Smart Fat* (with Steven Masley, M.D.), and the controversial best-seller, *The Great Cholesterol Myth: Why Lowering Your Cholesterol Won't Prevent Heart Disease and the Statin-Free Plan that Will* (with cardiologist Stephen Sinatra, MD). He lives in Los Angeles, is an avid tennis player, and shares his life with Michelle Mosher, Zoe Hochanadel and Jade Hochanadel, Bubba, Lucy, Emily, Luna, and nine fish.

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This The 150 Most Effective Ways to Boost Your Energy: The Surprising, Unbiased Truth About Using Nutrition, Exercise, Supplements, Stress Relief, and Personal Empowerment to Stay Energized All Day book is simply not ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book is information inside this publication incredible fresh, you will get info which is getting deeper you actually read a lot of information you will get. This particular The 150 Most Effective Ways to Boost Your Energy: The Surprising, Unbiased Truth About Using Nutrition, Exercise, Supplements, Stress Relief, and Personal Empowerment to Stay Energized All Day without we comprehend teach the one who studying it become critical in pondering and analyzing. Don't always be worry The 150 Most Effective Ways to Boost Your Energy: The Surprising, Unbiased Truth About Using Nutrition, Exercise, Supplements, Stress Relief, and Personal Empowerment to Stay Energized All Day can bring once you are and not make your tote space or bookshelves' become full because you can have it in the lovely laptop even phone. This The 150 Most Effective Ways to Boost Your Energy: The Surprising, Unbiased Truth About Using Nutrition, Exercise, Supplements, Stress Relief, and Personal Empowerment to Stay Energized All Day having great arrangement in word as well as layout, so you will not really feel uninterested in reading.

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