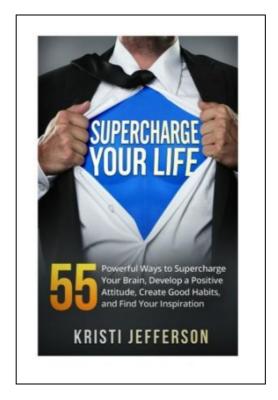
Supercharge Your Life: 55 Powerful Ways to Supercharge Your Brain, Develop a Positive Attitude, Create Good Habits, and Find Your Inspiration (Paperback)



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Reviews

The ebook is fantastic and great. It really is basic but unexpected situations within the fifty percent in the book. Its been written in an exceptionally basic way in fact it is only after i finished reading through this ebook by which actually modified me, modify the way in my opinion.

(Ms. Donna Parker MD)

SUPERCHARGE YOUR LIFE: 55 POWERFUL WAYS TO SUPERCHARGE YOUR BRAIN, DEVELOP A POSITIVE ATTITUDE, CREATE GOOD HABITS, AND FIND YOUR INSPIRATION (PAPERBACK)



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Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Learn 55 Powerful Ways to Supercharge Your Life If you have ever felt overwhelmed by your duties, exhausted by your daily schedule, or found yourself impossible to control your life anymore, this book is for you. Managing all aspect of life in an efficient way takes energy and devotion. It sometimes appears difficult, if not impossible to have control over everything that is happening around us; there are job related tasks-most of them tedious and tiresome-that barely allows us to even review our progress at the end of the working day, yet alone prepare for the next one; there are social commitments which, as beneficial they might be, take their energy toll; and there is our family that needs full attention and devotion. These patterns seem endless and are slowly draining life energy from us. Stressful and hectic living environment can cause the decline of physical and psychological wellbeing. It damages the immune system and can induce changes in behavioral and mental patterns that can lead to anxiety, irritation and even depression. First signs of lack of physical energy and willpower can quickly evolve in serious alternation of life attitude that can negatively influence your ability to perform and by it obstruct the potential personal growth. The only way to break this vicious cycle is to pursue some essential life changes that will allow you to maintain a positive attitude and keep your drive alive. It is time to start supercharging your life. Why You Need to Buy This Book? This book is designed to walk you through the entire process by using a comprehensive method that combines clear and concise explanations and practical exercises that you can do in order to supercharge...

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