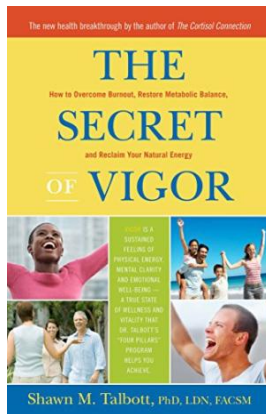


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THE SECRET OF VIGOR: HOW TO OVERCOME BURNOUT, RESTORE METABOLIC BALANCE, AND RECLAIM YOUR NATURAL ENERGY (HARDBACK)



Hunter House Publishers, United States, 2011. Hardback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. The Secret of Vigor: How to Overcome Burnout, Restore Metabolic Balance, and Reclaim Your Natural Energy is a proven and powerful, cutting-edge, 7-day program that can counter the effects of chronic stress to help people: 1. restore balance in the body 2. improve mental/physical energy 3. reduce fatigue 4. alleviate depression 5. sharpen mental focus...

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- Authored by Shawn Talbott
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