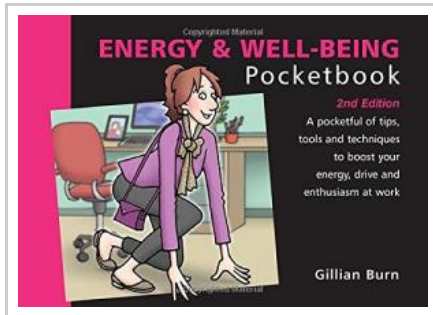




Energy & Well-Being Pocketbook (2nd Revised edition)

By Gillian Burn

Management Pocketbooks. Paperback. Book Condition: new. BRAND NEW, Energy & Well-Being Pocketbook (2nd Revised edition), Gillian Burn, The 2nd edition of the Energy & Well-being Pocketbook is packed with practical advice on how to get into shape, how to work more healthily and how to boost your drive and enthusiasm. With a background in the health sector and a Masters degree in exercise and health services, author Gillian Burn begins by demonstrating how to carry out an energy and well-being audit which will help readers establish their personal well-being goals. What we eat and the space in which we work are key to boosting energy levels. The author describes how food can stimulate the brain and relieve stress, and how plants, colour, sound, lighting and other factors can contribute to the creation of an energy-boosting work environment. Nor should physical exercise be ignored. There is advice on poise/posture, breathing, taking energy-boosting breaks and a range of activities that can be carried out, including desk exercises. In conclusion there are sections on work/life balance and on how to create a well-being and energy action plan.



READ ONLINE

[5.91 MB]

Reviews

The publication is great and fantastic. I am quite late in start reading this one, but better then never. I discovered this pdf from my dad and i suggested this ebook to discover.

-- **Linnie Kling**

A brand new eBook with a brand new standpoint. I could possibly comprehended everything out of this composed e publication. Your life span will likely be enhance once you total reading this pdf.

-- **Willa Ritchie**

Related PDFs



Kingfisher Readers: What Animals Eat (Level 2: Beginning to Read Alone) (Unabridged)

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, Kingfisher Readers: What Animals Eat (Level 2: Beginning to Read Alone) (Unabridged), Brenda Stone, For the first time, Kingfisher brings its expertise in beautifully-designed, trusted non-fiction to the sphere of learning to read. This...



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



Preventing Childhood Eating Problems : A Practical, Positive Approach to Raising Kids Free of Food and Weight Conflicts

Book Condition: Brand New. Book Condition: Brand New.



Klara the Cow Who Knows How to Bow (Fun Rhyming Picture Book/Bedtime Story with Farm Animals about Friendships, Being Special and Loved. Ages 2-8) (Friendship Series Book 1)

Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Klara is a little different from the other cows, because she has a very special...



My Windows 8.1 Computer for Seniors (2nd Revised edition)

Pearson Education (US). Paperback. Book Condition: new. BRAND NEW, My Windows 8.1 Computer for Seniors (2nd Revised edition), Michael Miller, Easy, clear, readable, and focused on what you want to do Step-by-step instructions for the tasks you care about most Large, full-color,...