

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

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# Reviews

This ebook could be worthy of a read through, and far better than other. I am quite late in start reading this one, but better then never. I realized this publication from my dad and i advised this publication to learn. (Stefan Von)

## **ENERGY & WELL-BEING POCKETBOOK (2ND REVISED EDITION)**



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.

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