



You Don't Have to Go Home from Work Exhausted!: A Program to Bring Joy, Energy, and Balance to Your Life

Anne McGee-Cooper

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Are you tired of being tired?

Do you find yourself dragging out of bed each morning and dragging yourself to work? Do you come home at night and collapse in front of the TV? Do you feel as though your job is your life... or your life is a job?

Here's your personal power pack!

Plug into this action resource and discover how to recharge your batteries at a moment's notice. This practical, one-of-a-kind program is based on fascinating new research - from brain science to stress reduction - and has been tested extensively by the author's leading corporate clients. Open to any page and you'll find a wealth of creative ideas and strategies that can help turn your life around.

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Frances Oberlin:

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