



Revive!: End Exhaustion and Feel Great Again (Paperback)

By Frank Lipman

Hay House UK Ltd, United Kingdom, 2012. Paperback. Condition: New. Language: English . Brand New Book. Do you feel unusually tired most of the time, even after a full night's sleep? Are you having trouble finishing anything or losing weight? Does your mind race even when you're physically exhausted? If so, this book could be the way to turn your life around! Revive! is the answer to the problem that millions of people face: how to step back and cope with the pressure of non-stop life. Using Western and alternative therapies, Revive! contains the 42 simple steps to gradually remove the problems that lead to exhaustion and replace them with ways to help your body heal and feel better - fast. You'll be shown how to: * make fast, nutritious and healthy meals * get back your natural sleep rhythm * replace punishing workouts with moderate exercise, including yoga, spine adjustments and the ultimate foot and shoulder massages * promote your body's own healing - from meditation and breathing exercises to music and spending time in nature. Remain relaxed, fit and healthy with Revive! - your toolkit for replenishing, restoring and reinvigorating every aspect of your...

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