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Boundless Energy: The Complete Mind-Body Programme for Beating Persistent Tiredness

By Deepak Chopra

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Boundless Energy: The Complete Mind-Body Programme for Beating Persistent Tiredness, Deepak Chopra, Now available in B format, Boundless Energy shows you how to: -Derive more energy from food -Unlock your mind's potential to produce vigour -Balance your behavioural patterns with your environment -Identify natural energizers -Uncover the power of personal growth. In this essential and helpful book, Deepak Chopra offers practical advice on dealing with excessive and persistent tiredness, based on his knowledge of Ayurveda and Western scientific research. By recognizing your specific body type and understanding the true functioning of your system, you will be better equipped to live a life full of energy, vitality and enjoyment.



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