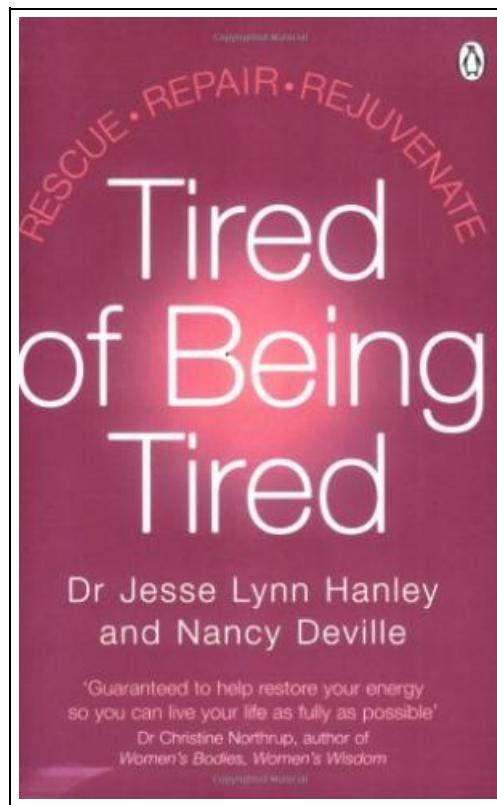


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Reviews

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Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Tired of Being Tired: Rescue Repair Rejuvenate, Jesse Hanley, Nancy Deville, This title offers a breakthrough individualised programme for maximising health, vitality, and wellbeing by a leading anti-ageing doctor. Loss of energy, weight gain, and decreases in health and vitality are not inevitable facts of life. Dr. Jesse Hanley's 'Ten Simple Solutions' make it easy to rejuvenate a tired system, showing you how to get life back on the right track and: sleep better by restructuring eating habits; improve mood through a nutrition and natural supplement program; achieve a balanced weight by eating more; increase energy without resorting to stimulants; stop accelerated aging; restore immunity; prevent illness; and, live a happier and healthier life.

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