

Vitality

Your High-Energy Makeover



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Introduction



What kind of person are you? Would you consider yourself to be someone with high energy or low energy? Which would you like to be?

The truth is, we're very good at wearing ourselves out. We lead busy lives between work, family, and other responsibilities. In short, we have a lot to do and only a finite amount of energy to do it in. Right?

Maybe not. Energy is a renewable resource. You already know this. Every time you go to bed at night, it's with the expectation you'll wake up tomorrow feeling ready to take on the world.

This isn't always the case, of course. Sometimes we don't sleep well. Sometimes we don't get enough hours of sleep. But on the whole, we know we can recharge our energy through certain actions.

This book takes this idea further. We believe there are certain actionable steps anyone can take to become a high-energy person. It all starts with a focus on energy-boosting habits.

In this book, you're going to explore the power of energy. You'll find out the benefits of being a high-energy person. From there, you will learn how to build high-energy habits. Lastly, you will learn how to manage the energy you do have to keep it flowing all day long.

This is an exciting process. It's also a whole lot easier than you think.

Let's get started!