



## Fatigue: When Waking Up Is Hard to Do (Paperback)

By Mary Blowers

Createspace, United States, 2012. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.If you suffer crushing fatigue, I understand because I have been there. I used to have to ration my energy. If I spent a day at the beach, the sun and heat would so exhaust me that I couldn't leave the house the next day. While working full time I was in tears by Wednesday because I just didn't think I could keep getting up and getting going every morning. Now at last I have enough energy to do what I want. This ebook reviews many different causes of fatigue and strategies to help you overcome it. I am uniquely qualified to present potential ways to regain your energy. My experience is rounded out with years of training in Holistic Health and certifications as a Master Herbalist, Nutrition Consultant, Holistic Health Practitioner, and Weight Management Coach. This ebook offers many practical methods for overcoming fatigue and restoring enjoyment to life. It is Christian based as I believe that is a major factor for health and happiness. Buy for yourself or as a gift for someone you...

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