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The 7-Day Energy Surge: Get Ready to Energize Your Life...Starting Now!

Cynthia Costas Cohen, Jim Karas

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We all know what it feels like to be "on"--to wake up feeling refreshed and rested, to bound through the day feeling like you can conquer the world as you bounce between work, family, and friends, and go to bed feeling relaxed and satisfied with your accomplishments. What made all the difference during those highly productive days? It's simple--energy.

You can't buy it at the store, but you can control your energy levels. Here for the first time is a simple program to increase your energy immediately--and keep it up throughout the day, every day. Through his work with more than 500 clients, Jim Karas has identified the 10 components that contribute to your personal balance-of-energy equation--and created *The 7-Day Energy Surge* to help you put all 10 to work for you. He exposes the bad habits that sabotage energy, lays out the principles for increasing your energy and offers simple strategies that are easily customizable for anyone to use anywhere . . . at any time.

What's more, energy-positive habits also translate into weight loss. Plus, by maintaining that lower weight, exercising regularly, sleeping well, breathing deeply, and keeping a positive mind-set, you will not only experience a surge of energy but you will fight pain, fatigue, headaches, stress, depression, disease, and aging.

In just a few minutes a day, you can jump-start your weight loss, reduce your stress, and enhance your sex life. Get ready for *The 7 Day Energy Surge.* It starts now. In no time, you will possess a huge bank of enriching energy--and feel better than you ever have before!

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