



# **365 Energy Boosters: Juice Up Your Life, Thump Your Thymus, Wiggle as Much as Possible, Rev Up with Red, Brush Your Body, Do a Spinal Rock, Pop a Pumpkin Seed**

*Susannah Seton, Sondra Kornblatt*

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Are you S.A.D.? (Suffering from Seasonal Affective Disorder.) Are you one of the listless denizens sleepwalking your way through the day? Are you tired of being tired? Life demands more energy every day as we heap enough tasks on our "to do" lists to fill every waking hour and put untold amounts of pressure on ourselves to perform, to keep a spotless home, and to have the perfect relationship, the most well-behaved kids, and the best job. The constant need to be productive is wearing us out, physically and emotionally. In **365 Energy Boosters**, Susannah Seton and Sondra Kornblatt provide us with a daily guide for putting an end to the madness, embracing a new and improved life experience, and getting a big dose of energy to boot. You'll find energizing one-minute exercises and foods for a quick pick-me-up and learn ways to track your natural energy cycles, get organized, sleep better, and wake yourself up whenever your energy takes a nosedive.

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