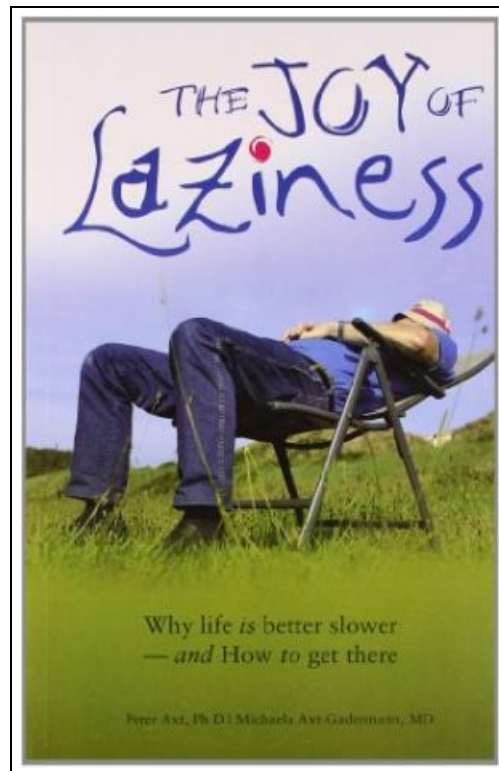


The Joy of Laziness



Filesize: 6.15 MB

Reviews

Thorough guideline! Its this kind of excellent read. This is certainly for all those who statte there was not a well worth reading. Your way of life period will probably be transform once you complete reading this book.
(Mrs. Alia Borer)

THE JOY OF LAZINESS



Orient Paperbacks, New Delhi, India. Softcover. Book Condition: New. Everyday we are bombarded with countless demands on our energy - hurry, frustration, sleep deprivation, poor nutrition, stress and so on. To feel good we engage in intensive fitness programs, sports and radical diets. These 'high energy use' activities actually take a toll on our health, accelerating the aging process, making us more susceptible to illness and shortening our lives. Based on scientific research called Metabolic Theory, The Joy of Laziness reveals why the speed at which we live affects our energy and longevity. The authors include quizzes to help evaluate stress levels, life energy and physical well-being. They also share advice on how we could all get a little more relaxation, protect ourselves from 'energy thieves' and rediscover the health - and joy - of laziness. Printed Pages: 160.



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