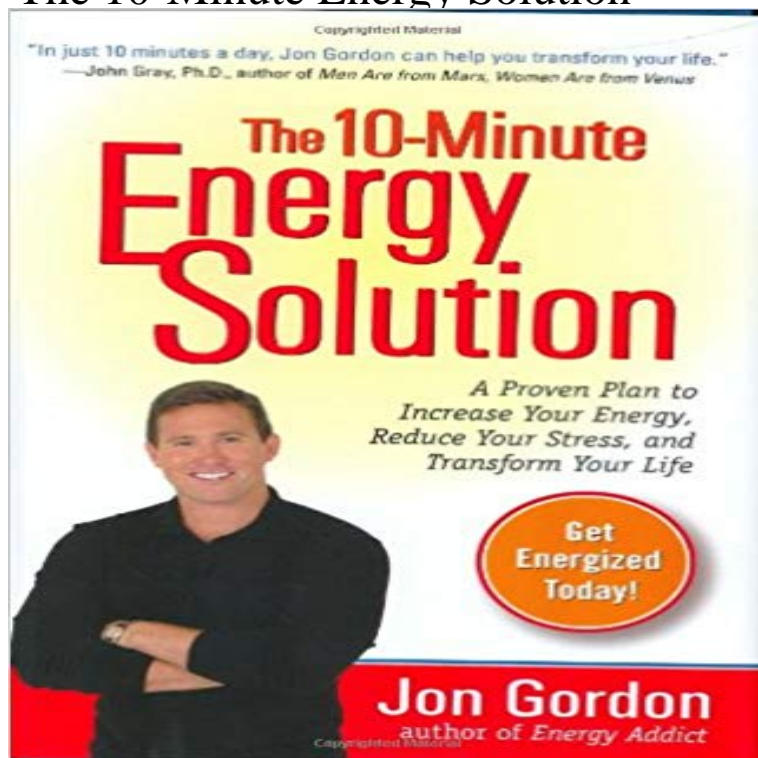


The 10-Minute Energy Solution



A simple, effective, 30-day program designed for anyone who has ever said, I wish I had more energy. Are you tired? Exhausted? Burned out? Millions of us are searching for more energy—that's why there's a Starbucks on every corner and quick-fix energy bars are a multimillion-dollar business. But despite this, we're more fatigued and less energized than ever. Jon Gordon, America's #1 energy coach, knows there's a better way. Based on his work with people all over the world, he's developed a 30-day plan to increase physical, mental, and spiritual energy—in just 10 minutes a day. Gordon starts with a few simple activities (a morning Thank You walk) and substitutions (green tea instead of coffee). But by the end of the 30 days, these small changes translate into big results—as the thousands of people who have already put the plan into action can attest. If you can invest 10 minutes a day in yourself for just one month, you will get addicted to positive energy ... and keep your energy up for the rest of your life.

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