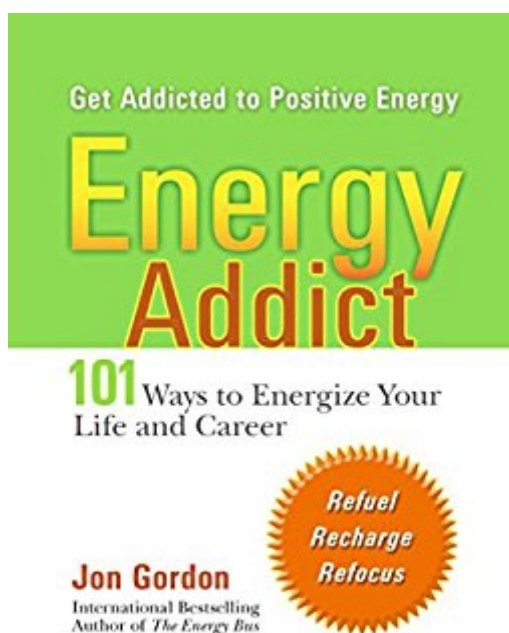


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# Energy Addict: 101 Physical, Mental, And Spiritual Ways To Energize Your Life



## Synopsis

We are overstressed, overworked and overtired and things aren't getting any easier. The days are getting shorter while our to-do lists are getting longer. The pace of life gets faster and the demands increase. We attempt to fight back with caffeinated drinks and candy bars hoping to get it all done before we crash. This is false energy but Jon Gordon gives us the real thing. Gordon encourages us to become Energy Addicts using a few or all of the simple, effective physical, mental, and spiritual strategies in this book, including: Eat early and well, hydrate, exercise, nap, connect with nature, neutralize energy vampires, master the flow of money, embrace the energy of silence, connect (with others and yourself), lead with your heart, learn to love and challenge life. Practical, common-sense, sometimes counterintuitive, Jon Gordon shows how we can become addicted to positive energy and habits, making small changes in our lives that will produce big results.

## Book Information

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## Customer Reviews

\*\*\*\*\*I really, really loved this book. "Energy Addict" 101 Physical, Mental, & Spiritual Ways to Energize Your Life" by Jon Gordon promises to "refuel, recharge, and refocus" your life, and indeed

it does just that. It is a small book, but with 101 concrete definite tools for "energy building"---you can choose to make small, very do-able changes in your life, take baby steps, and end up with a lot more energy than you could even imagine. I am a life coach, so I know all of this (all of the things to do), have all the books, etc. What I found valuable in this book was not necessarily brand new information (although there was even some of that!) but its succinctness, and organization---thus you have everything all in one place and can go through (sort of like a menu in a restaurant) and choose the actions you'd like to do right now. Eventually, momentum takes over, and you feel more and more energetic, and ready to take on more and more actions. One new thing I learned that was very interesting is that there is a big difference at night between getting 7 hours of sleep and 8 hours of sleep. New research has shown that the REM sleep you get between the 7th and 8th hour of sleep is absolutely critical to feeling rested and to the body repairing itself. So this is why I feel SO much better on those days when I get 8 hours sleep than 6 hours...The chapters are short (a page or two) and I enjoyed the format, so I read the whole book in just a few hours. I marked all of the changes I want to start with and will refer back to the book again and again. It's very practical and not just old ideas rehashed, not leaving you feel like you "should" make the changes, but that it's just too overwhelming to do so; instead, the author shows you HOW to begin and continue. The book covers physical, mental, and spiritual approaches, how to create rituals to support your new habits, and how to get rid of "energy vampires", habits that suck your energy. It is easy to see how working to build your energy, while working to eliminate energy vampires at the same time---this could create almost a vortex of energy so that you'd feel better and much more energetic right away. I know that other books might promise to help with this, but the practicality of this one works. So even though I consider myself very experienced in the self-help arena, this is a valuable book. It is great for novices, too, for the person who would love to have a life coach or personal trainer, but who is just too busy or too tired to even think about it. This book delivers value for pretty much anyone. I am buying a copy for my husband (because I want to keep mine just for me), and for three friends!\*\*\*\*\*

Not his best work. I am a fan but this seemed to be written hastily.

Great book! Lots of hints and tricks to get addicted to energy! The only reason why I gave this book a star short of 5 stars, is because it felt like more of a guide than a book. It really does have great information in it, but some chapters were more opinion than fact. The do-as-I-do chapters, backed with no studies, statistics or anything, just rubbed me a little wrong. However, I do think it is a great

read and I will probably reread it soon!

I really enjoyed the contents of this book because it has many helpful methods in which to energize your life in three key components: physically, mentally, spiritually. I use many of the advice from the book in my day-to-day routine. Since many reviewers have said great things about this wonderful book (and rightfully so), I would like to focus on a few things that can be better. 1) He doesn't seem to use the word "literally" correctly. Unless "energy vampires" are actually putting their mouths on your body and creating a pressure difference between the insides of their cavity to the local environment, I don't think he is warranted to use the word "literally" for describing how they are sucking the energy out of you. 2) He would appeal to more scientifically-minded folks like myself if he cites his sources better when making scientific claims. 3) His grammar needs a bit of improvement. Some sentences are run-ons and some are fragments. If he is doing it intentionally for poetic purposes, that is fine. But if not, his credibility can be compromised. 4) He is biased toward (a) monotheistic religion(s). If he could make it clear if he is not, then that would be helpful for an Atheist, such as myself. Or if he is indeed biased, to consider using a more diverse language.

Lots of great common sense tips in an easy to read format. Things we know but don't do...Love this little book! I read from it daily!

GREAT read

Good for developing a healthy lifestyle!

Wonderful words to get you to the next level!

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