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Don't weit for vecepion! Here are 101 ways to nev up your focus confidence, and energy. EVERY day

# RECHARGE INMITES

THE
QUICK-LIFT WAY
TO LESS STRESS,
MORE SUCCESS,
AND RENEWED
ENERGY!

ZOGLIO, Ph.D.

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# Recharge In Minutes The Quicklift Way To Less Stress More Success And Renewed Energy

**Cengage Gale** 

#### Recharge In Minutes The Quicklift Way To Less Stress More Success And Renewed Energy:

**Recharge in Minutes** Suzanne Willis Zoglio,2003 One in every two Americans reprot daily stress The wait for vacation approach to refueling isn t enough Recharge In Minutes introduces the quick lift method for dealing with common energy drains as they occur before they take their toll on performance health or emotional well being It includes 101 ways to renew focus confidence and energy FAST in less time than it takes for a coffee break

The Publishers Weekly, 2003

American Book Publishing Record ,2004 Consultants & Consulting Organizations Directory Cengage
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effective business plans identifying target markets and setting up a home office

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\*), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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