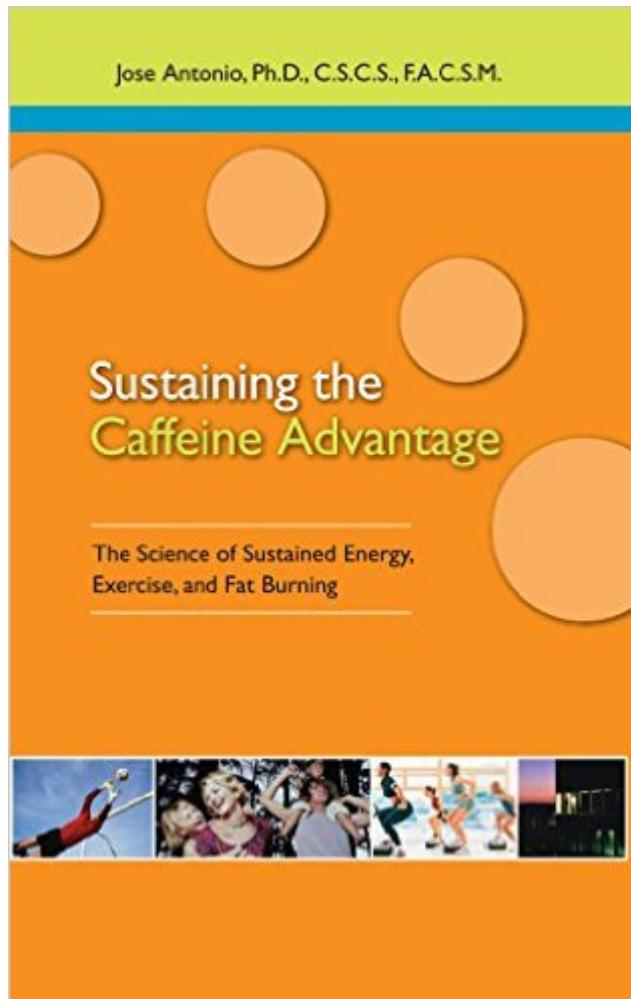


The book was found

Sustaining The Caffeine Advantage: The Science Of Sustained Energy, Exercise, And Fat Burning



Synopsis

Caffeine is one of the most commonly consumed substances in the world. Whether in a beverage such as coffee or tea or as a supplement, caffeine is most often used for its well-known energy-boosting properties and its ability to improve concentration. With traditional caffeine-delivery systems, however, these benefits peak early and then quickly fade. This title reveals times are changing. The benefits of caffeine can now last throughout the day. How? With the newest method of caffeine delivery-sustained release caffeine.

Book Information

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Average Customer Review: 2.0 out of 5 starsÂ See all reviewsÂ (1 customer review)

Best Sellers Rank: #5,721,633 in Books (See Top 100 in Books) #95 inÂ Books > Health, Fitness & Dieting > Nutrition > Caffeine #9757 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Healing

Customer Reviews

This book is OK for a short treatment of caffeine and sports. But a better book is one I wrote and published (several years earlier than that book appeared) with Simon & Schuster called *The Caffeine Advantage: How to Sharpen Your Mind, Improve Your Physical Performance and Achieve Your Goals-- the Healthy Way*. This title is a comprehensive self-help book guiding people in how to use caffeine safely and to maximum advantage. It has been translated into several languages and praised by top reviewers around the world. And forget about attacking me for praising my own work. I can't help it if I really did write the best books on caffeine-- and reviewers around the world agree with me! So, check them out! Also check out my web site, WorldofCaffeine.com.

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