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# The Instant Energy Method: 3 Secret Hacks To Boost Your Focus, Productivity And Influence At Work

#1 International Bestselling Author

"The Instant Energy Method is remarkable because energy and health create the baseline of our success in life. If we master vitality, we can overcome any challenges that come into our lives. Start reading his book, you'll feel great and have long lasting energy!"  
— Allan Christianson, NMD New York Times Best Selling Author of  
*The Adrenal Reset Diet*

## THE INSTANT ENERGY METHOD



3 Secret Hacks to Boost Your Focus,  
Productivity, and Influence at Work

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## Synopsis

Have you ever felt tremendous pressure from work and you're just trying to keep your head above water? I mean this is where you're getting pounded with wave after waves of emails and voicemails of people asking you for immediate answers to their questions right away. Or does your work demands you to do more with less where you're constantly in the fire-fighting mode and the project deadline was due yesterday. This is where you feel overwhelmed and stressed out because there is just isn't enough time in a day? Have you ever-experienced insomnia where it's 2 AM in the morning and you're having trouble falling asleep while you're sending out just one last email? Or you're having issues staying asleep where finally fall asleep but then you wake up 4 AM and can't go back to sleep because you're stressed out about work? Have you ever felt easily irritated and maybe even snapped at your colleagues when he said the wrong thing to you? Or have you ever felt so wind up with so much tension that you lost your cool with your husband or kids by snapping at them? If you have experienced any of the above, I know how you feel. I been there before and I know how stress, feel overwhelmed and low energy can have an effect on your career, your relationship, your health and your overall well being. If you haven't heard my story before, twelve years ago, I had chronic stress and fatigue and I was one step from being homeless. Oh and my doctor? My doctor couldn't do anything for me so I said to myself, if I ever want to get out of this bed alive, I got to learn how to heal myself naturally. Through 12 years of studying neuroscience, eastern medicine, yoga and 2000-year-old Chinese ancient secret energy exercises, I found my answer. In this book, I'm going to teach you 3 simple strategies that if you do the exercises with me, you'll experience more focus, productivity and influence in your life. You'll going to love this and I can't wait to hear from your personal transformation. To your success, Allan Ting

## Book Information

File Size: 2983 KB

Print Length: 139 pages

Simultaneous Device Usage: Unlimited

Publication Date: September 12, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01H13Q9JY

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

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