



The Energy Cure: How to Recharge Your Life 30 Seconds at a Time

Kimberly Kingsley

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Have you ever wondered about the nature of personal energy? Ever wondered why some people uplift you and others bring you down?

In **The Energy Cure**, Kimberly Kingsley reveals the secrets of personal energy and how to harness this precious resource for the purpose of elevating and transforming your life. Learning to harness and manage your personal energy can elevate you from survival mode to a place where you grow and thrive. As a guide to personal energy management, this book teaches you to:

- * Increase resilience against daily challenges by cultivating an energy buffer.
- * Use the language of energy for making everyday decisions.
- * Protect yourself from "drains" that exist in every sphere of life.
- * Become free from self-defeating thoughts and behaviors that deplete energy.

We often ignore the most subtle signs of energy deficiency--excessive hunger, irritability, and even boredom. These signs indicate that it is time to plug into your internal source of energy and become charged from within. Instead, we often mistakenly over-consume as a way to energize. This strategy provides short bursts of energy followed by a lull, taking us to ever lower energy levels.

This perpetual chase of energy from outside sources keeps us drained. But you can reverse this downward cycle and have the life of your dreams. With **The Energy Cure**, you'll see how to make life-enhancing choices, not life-depleting ones, every moment of every day.

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