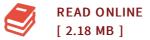


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## **Tired of Being Tired (Paperback)**

By Jesse L Hanley, Nancy Deville

Penguin Putnam Inc, United States, 2002. Paperback. Book Condition: New. Reprint. 223 x 150 mm. Language: English . Brand New Book. Do you diet but still find it impossible to loseweight?Do your crave candy, sodas, popcorn, bagels, pasta, chips, cookies? Do you have trouble sleeping through the night? Do you awaken exhausted in the morning even if you ve slept? Does it take a cup of coffee or more to get you going in the morning? In today s high-stress world, many would answer yes to at least one of these questions. Irritability, insomnia, weight gain or loss, recurring colds and flu, environmental sensitivities, and low energy are problems that are becoming more commonplace every year, and can develop into more serious health concerns such as heart disease and type II diabetes. But we don t have to live like this. Anti-aging pioneer Jesse Lynn Hanley, M.D. believes that the lifestyles we ve grown accustomed to are responsible for our burned-out systems and tired adrenal glands that were not meant to function under constant duress. Her Ten Simple Solution program can show anyone how to repair a lifetime of damage and experience the best health ever: . Eat, Eat, Eat, All Day Long....



## Reviews

Basically no terms to clarify. It can be writter in basic terms instead of difficult to understand. I am easily could get a enjoyment of reading through a composed publication. -- Dr. Hazel Ziemann IV

This ebook is fantastic. It is actually writter in straightforward terms rather than hard to understand. Its been designed in an extremely straightforward way and it is merely soon after i finished reading through this ebook through which in fact modified me, alter the way i really believe. -- Justice Wilderman