



The Emotional Energy Factor (Paperback)

By Mira Kirshenbaum

Bantam Doubleday Dell Publishing Group Inc, United States, 2004. Paperback. Condition: New. Reprint. Language: English . Brand New Book. Do you wish you had more energy? Do you often feel drained, even after a good night's sleep? Are there days when you can't get going, when you just feel blah? If so, you're not alone. You're suffering from emotional fatigue--an all too common outgrowth of our frenetic modern-day lives. But you can regain your emotional energy forever with this groundbreaking book from psychotherapist and bestselling author Mira Kirshenbaum that includes many helpful hints and informative real-life stories. This book shows you how to tap into the sources of emotional energy that already lie within you. In these remarkable pages, you'll discover 25 practical, no-nonsense secrets to living the vital, happy, hope-filled life you deserve by building the kind of energy no pills, push-ups, or power bars can provide. The kind of energy that comes to the rescue when your body has reached its limits. It's called emotional energy. Successful, high-energy people have learned to harness it--and now you can too with their secrets in this powerful, life-enhancing book. Drawing on nearly three decades of professional experience...

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