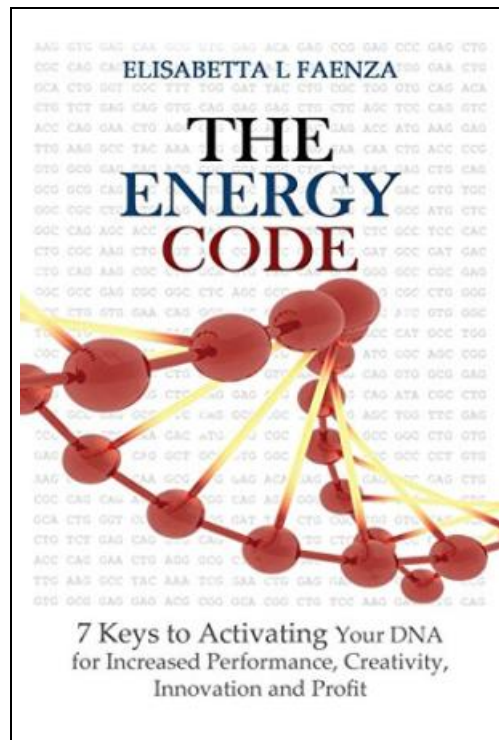


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Reviews

These types of publication is the greatest publication available. It really is filled with knowledge and wisdom Once you begin to read the book, it is extremely difficult to leave it before concluding.
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Motivational Press, Inc., United States, 2014. Paperback. Book Condition: New. 226 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****.Ever noticed the mood you wake up with in the morning can have an effect on your whole day? Ever wondered if maybe how you felt when you woke up actually created the events of your day, that somehow your inside was affecting your outside? Ever wished you could change? This book is all about providing you with the answers. In The Energy Code, Elisabetta L. Faenza shares the compelling science behind mood, energy and performance and provides some common sense tools to help make the most of our genetic and energetic potential. But don't be fooled, this is no dry science primer, or head-in-the-clouds self-help book. Elisabetta has the knack of taking complex science and explaining it in a way that is compelling, easy to understand and practical. Drawing on her 30 years of experience as an international speaker, trainer, consultant, and performance expert, Elisabetta makes sense of the latest scientific breakthroughs coming from quantum biology, peptide chemistry and neuroscience and reveals how this information can improve your health and performance in all areas of your life. Elisabetta will share with you: how to utilize the way your mind and body works to overcome any unwanted habit the 16 Personality States and how they influence brain function, focus and energy levels the 4 Modes of Performance and how to harness them to be more productive the 7 keys to activating your DNA and how these can improve performance.



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