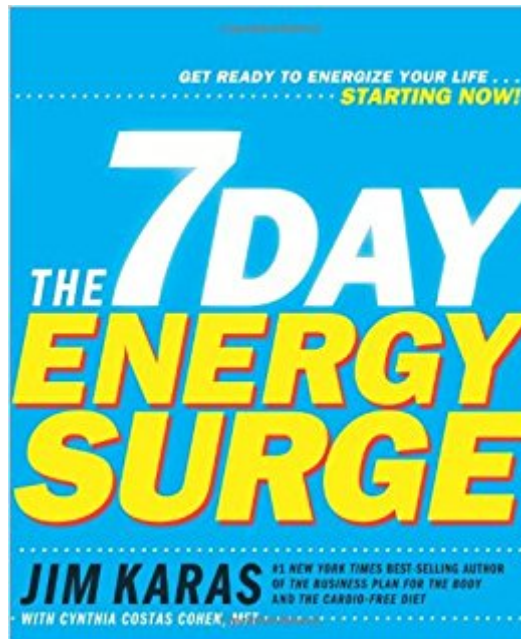




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# The 7 Day Energy Surge



## Synopsis

We all know what it feels like to be "on" – to wake up feeling refreshed and rested, to bound through the day feeling like you can conquer the world as you bounce between work, family, and friends, and go to bed feeling relaxed and satisfied with your accomplishments. What made all the difference during those highly productive days? It's simple – energy. You can't buy it at the store, but you can control your energy levels. Here for the first time is a simple program to increase your energy immediately – and keep it up throughout the day, every day. Through his work with more than 500 clients, Jim Karas has identified the 10 components that contribute to your personal balance-of-energy equation – and created the 7-Day Energy Surge to help you put all 10 to work for you. He exposes the bad habits that sabotage energy, lays out the principles for increasing your energy and offers simple strategies that are easily customizable for anyone to use anywhere . . . at any time. What's more, energy-positive habits also translate into weight loss. Plus, by maintaining that lower weight, exercising regularly, sleeping well, breathing deeply, and keeping a positive mind-set, you will not only experience a surge of energy but you will fight pain, fatigue, headaches, stress, depression, disease, and aging. In just a few minutes a day, you can jump-start your weight loss, reduce your stress, and enhance your sex life. Get ready for the 7-Day Energy Surge. It starts now. In no time, you will possess a huge bank of enriching energy – and feel better than you ever have before!

## Book Information

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## Customer Reviews

Jim Karas is the author of the #1 New York Times best-seller *The Business Plan for the Body* as

well as The Cardio-Free Diet and Flip the Switch. He is a graduate of the Wharton School of Business in Philadelphia and founder of Jim Karas Personal Training, LLC, which has trained more than 500 clients in Chicago and New York. In addition to lecturing and presenting workshops, he has been featured frequently on ABC's Good Morning America as he helped Diane Sawyer lose weight and enhance her energy at the same time. Jim lives in Chicago with his two children.

"Does it work?". I didn't see any reviews where someone followed the plan for 7 days and said whether it worked for them or not. So, I'm here to say "Yes, I followed it for 7 days. And, yes, it worked for me." I didn't want to buy the book unless I knew it would work for me, so I got a copy from the library and followed the plan for 7 days. I read it with an open mind and followed the plan pretty carefully. After 7 days I have a lot more energy and lost 1.5 lbs., not a lot but I'm 5'3" and don't have a lot to lose. So I bought the book, not for the diet but for the lifestyle ideas. I'm heading into week 3 now. This is not a diet book, it's just what the title says, a "7-Day Energy Surge". Yes, there's a diet plan, for 7 days only, which I followed very carefully. Was the plan easy to follow? Not always. Did I get hungry? Of course. I've been on diets before and I know that at first just cutting down on food increases my energy level for a few days. With this book, my energy level has been up and down, generally higher than before I started the plan. I didn't realize how up it was till I found myself at 6:30 AM going for a 5-mile walk with my dog, something I haven't done in several years. What I liked, and what worked for me, was not just the food plan but the integration of other activities - exercise, breathing, music, meditation, good sleep hygiene, Biehler's broth (weird but not bad-tasting, kind of like drinking lawn clippings), and even cold showers (Oh, my! Feel the energy surge with a cold shower at 5 AM). I'll report back in a couple of months to say whether it's still working.

I have read a lot of dieting books and this is just like most of them, great ideas if you can fit them into everyday life.

A must read for women who have been trying to lose weight and it just doesn't seem to come off. It educated me on the importance of building muscle to burn fat.

Great book. I learned a great deal about diet and exercise from this well written book. Bob H.

This book is great. I had much more energy by day 4 I had to cut back. Amazing

although this book was well written, it did not have new information. I was hoping for some new information on how to get and maintain your energy level during the hectic days of life. This book was just okay for me.

Great book. Easy to read and gave information in a realistic way. All of the information applied to everything that I do. Changed my outlook and will encourage my friends to read this too.

This is a good book for changing into some healthy habits, but I did not get any extra energy by following it.

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