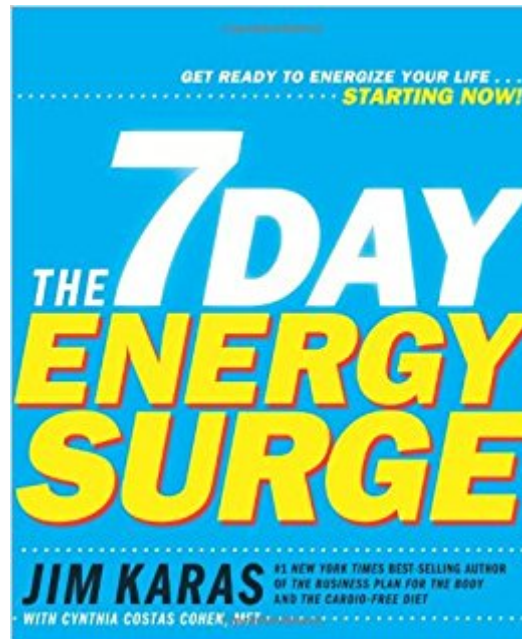




The book was found

# The 7 Day Energy Surge



## Synopsis

We all know what it feels like to be "on"â•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 simpleâ•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 immediatelyâ•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 equationâ•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 energyâ•and feel better than you ever have before!

## Book Information

Hardcover: 272 pages

Publisher: Rodale Books; 1 edition (April 14, 2009)

Language: English

ISBN-10: 1605298808

ISBN-13: 978-1605298801

Product Dimensions: 7.8 x 0.4 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 26 customer reviews

Best Sellers Rank: #2,240,928 in Books (See Top 100 in Books) #67 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Organ Transplants #12406 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## 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.

[Download to continue reading...](#)

The 7-Day Energy Surge: A Get Ready to Energize Your Life...Starting Now! The 7 Day Energy Surge Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) EMP Protecting Housing and Solar: A National EMP protection plan as well as EMP protection of family, homes and communities. Protection is achieved ... and cable surge suppression and filtering. Tai Chi SURGE: Radical ZMQ Energetics The Great Surge: The Ascent of the Developing World Surge: My Journey with General David Petraeus and the Remaking of the Iraq War Storm Surge (Cyborg Shifters Book 2) Ghost in the Surge (The Ghosts Book 9) Day Trading: Make Hundreds Daily Day Trading One Hour a Day: Day Trading: A detailed guide on day trading strategies, intraday trading, swing trading and ... Trading, Stock Trading, trader psychology) Renewable Energy Made Easy: Free Energy from Solar, Wind, Hydropower, and Other Alternative Energy Sources Energy Harvesting: Solar, Wind, and Ocean Energy Conversion Systems (Energy, Power Electronics, and Machines) Crystals: The Ultimate Guide To: Energy Fields, Auras, Chakras and Emotional Healing (Aura, Healing Stones, Crystal Energy, Crystal Healing, Energy Fields, Emotional Healing, Gemstone) 14-day Zero Sugar detox diet: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight. Sugar Detox: Beat Sugar Cravings Naturally in 30 Days! Lose Up to 15 Pounds in 14 Days, Increase Energy, Boost Metabolism! (Sugar Free Diet, Sugar Detox ... 30 Day Detox, Weight Loss and More Energy) Bulletproof Diet Cookbook For Beginners: Quick and Easy Recipes and Smoothies to Lose Fat and Increase Energy (Lose Up To A Pound A Day, Reclaim Energy and Focus, End Food Cravings) Frommer's Buenos Aires Day by Day (Frommer's Day by Day - Pocket) Frommer's Rio de Janeiro Day by Day (Frommer's Day by Day -

Pocket) I Love You Mom! Floral and Gardening Coloring Book for All Ages: Mother's Day Gifts in all Departments; Mothers Day Gifts in al; Mother's Day in ... Gifts from Son in al; Mothers Day Gifts in al Frommer's Milan and The Lakes Day by Day (Frommer's Day by Day - Pocket)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)