

## The 150 Most Effective Ways to Boost Your Energy: The Surprising, Unbiased Truth about using Nutrition, Exercise, Supplements, Stress Relief, and Personal Empowerment to Stay Energized All Day

**Jonny Bowden**

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Health- and energy-enhancing tips in 150 bite-sized servings provide immediate and long-term strategies for dealing with what Jonny Bowden calls the “other energy crisis.” Bowden, certified nutritionist and author of five bestsellers including *The 150 Healthiest Foods on Earth\** and *The Healthiest Meals on Earth*, is an expert on weight loss, nutrition, and health. Philosophically, Bowden takes a whole-person approach, addressing all aspects of human well-being and personal vitality.

Divided into ten chapters, the book covers what to eat and drink, sleep and exercise tips, supplements, de-toxing, combating stress, energy from the sun, health checks, organizing, and making personal changes, which all lead to increased personal energy. Says Bowden, “...energy doesn’t just happen. It comes out of everything that makes you unique as a person. It’s a by-product of your physical, mental, and emotional life. Energy is what shows up naturally when you remove all the obstacles to well-being...”

The first chapter, on what to eat and drink, offers the largest number of tips, with suggestions for cutting sugar and salt, exploring spices and teas, and (surprise java junkies) the news that coffee isn’t so bad. This section also includes a simple quiz for determining the reader’s “nutritional type,” and sample meal plans for each type.

Bowden’s advice tends toward the realistic, advising readers, for example, to “skip the equipment and enjoy what you do.” The chapter on exercise outlines a variety of approaches, with four ten-minute workouts including low and high intensity at home, as well as moderate intensity with out-door and gym variations. He also shares his favorite “no-frills-no-excuses-anytime-anywhere” workout: run a mile; do some squats; do some push-ups; do some crunches...simple, elegant, and very effective.” In fact, the entire book lives up to that very high standard.

The resources list features the author’s “off the beaten path” discoveries. Health and nutrition collections will be well served with this compendium of straightforward suggestions for improving lagging energy. Whether seeking to revitalize their lives or remove energy blocks, readers will be able to connect with practical solutions that make a difference.

BOBBYE MIDDENDORF (February 13, 2009)

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