

《The Energy Cure动力核心》

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KIMBERLY KINGSLEY, M.Ed., is an energy coach and speaker dedicated to teaching principles that lead to inner peace. Her book, *Opening to Life: Reconnecting with Your Internal Source of Energy, Wisdom and Joy* received both Editor's Choice and Reader's Choice awards. Kingsley's message of passionate and energized living is being shared through television appearances, talks, and in her books and articles. Learn more at www.kimberlykingsley.com.

内容简介

If the terms "spread too thin," "drained," and "strung out" sound familiar, it is because they accurately describe the chronic energy deficiency that many people experience today. The demands of a fast-paced world often pull our energy in multiple directions, leaving us depleted and overwhelmed. Gulping down Red Bull or relying on adrenalin for energy is not a long term solution but is being treated as such, thus causing many stress-related illnesses.

In *The Energy Cure*, psychotherapist and energy coach Kimberly Kingsley introduces personal energy management--a way to live life to its fullest while preserving and renewing your most precious resource. Learning to harness and manage your personal energy can elevate you from survival mode to a place where you grow and thrive. As a guide to personal energy management, this book teaches you to:

- * Increase resilience against daily challenges by cultivating an energy buffer.
- * Use the language of energy for making everyday decisions.
- * Protect yourself from "drains" that exist in every sphere of life. If the terms "spread too thin," "drained," and "strung out" sound familiar, it is because they accurately describe the chronic energy deficiency that many people experience today. The demands of a fast-paced world often pull our energy in multiple directions, leaving us depleted and overwhelmed. Gulping down Red Bull or relying on adrenalin for energy is not a long term solution but is being treated as such, thus causing many stress-related illnesses. In *The Energy Cure*, psychotherapist and energy coach Kimberly Kingsley introduces personal energy management--a way to live life to its fullest while preserving and renewing your most precious resource. Learning to harness and manage your personal energy can elevate you from survival mode to a place where you grow and thrive. As a guide to personal energy management, this book teaches you to: * Increase resilience against daily challenges by cultivating an energy buffer. * Use the language of energy for making everyday decisions. * Protect yourself from "drains" that exist in every sphere of life. * Become free from self-defeating thoughts and behaviors that deplete energy. We often ignore the most subtle signs of energy deficiency- excessive hunger, irritability, and even boredom. These signs indicate that it is time to plug into your internal source of energy and become charged from within. Instead, we often mistakenly over-consume as a way to energize. This strategy provides short bursts of energy followed by a lull, taking

us to ever lower energy levels. This perpetual chase of energy from outside sources keeps us drained. But you can reverse this downward cycle and have the life of your dreams. With The Energy Cure, you'll see how to make life-enhancing choices, not life-depleting ones, every moment of every day.

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