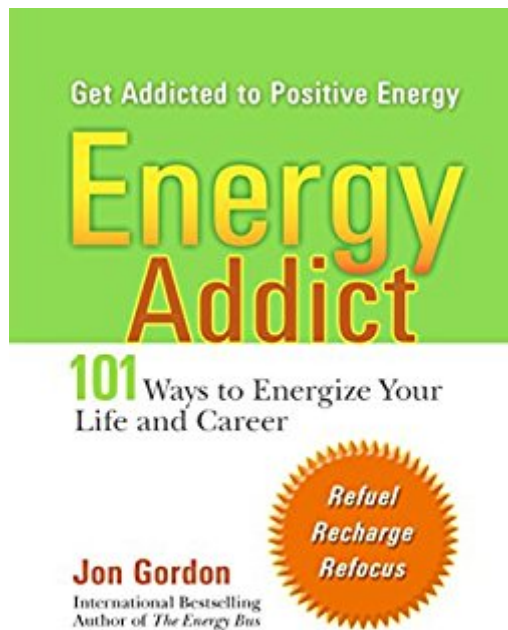




The book was found

# Energy Addict: 101 Physical, Mental, And Spiritual Ways To Energize Your Life



## Synopsis

We are overstressed, overworked and overtired – and things aren't getting any easier. The days are getting shorter while our to-do lists are getting longer. The pace of life gets faster and the demands increase. We attempt to fight back with caffeinated drinks and candy bars hoping to get it all done before we crash. This is false energy – but Jon Gordon gives us the real thing. Gordon encourages us to become Energy Addicts using a few or all of the simple, effective physical, mental, and spiritual strategies in this book, including: Eat early and well, hydrate, exercise, nap, connect with nature, Neutralize energy vampires, master the flow of money, embrace the energy of silence, Connect (with others and yourself), lead with your heart, learn to love and challenge life. Practical, common-sense, sometimes counterintuitive, Jon Gordon shows how we can become addicted to positive energy and habits, making small changes in our lives that will produce big results.

## Book Information

File Size: 1744 KB

Print Length: 255 pages

Publisher: TarcherPerigee (September 7, 2004)

Publication Date: September 7, 2004

Sold by: Digital Services LLC

Language: English

ASIN: B01GOH70N2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #272,595 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #50

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Work-Related

Health #89 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention

#951 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Healthy Living

## Customer Reviews

\*\*\*\*\*I really, really loved this book. "Energy Addict" 101 Physical, Mental, & Spiritual Ways to

Energize Your Life" by Jon Gordon promises to "refuel, recharge, and refocus" your life, and indeed it does just that. It is a small book, but with 101 concrete definite tools for "energy building"---you can choose to make small, very do-able changes in your life, take baby steps, and end up with a lot more energy than you could even imagine. I am a life coach, so I know all of this (all of the things to do), have all the books, etc. What I found valuable in this book was not necessarily brand new information (although there was even some of that!) but its succinctness, and organization---thus you have everything all in one place and can go through (sort of like a menu in a restaurant) and choose the actions you'd like to do right now. Eventually, momentum takes over, and you feel more and more energetic, and ready to take on more and more actions. One new thing I learned that was very interesting is that there is a big difference at night between getting 7 hours of sleep and 8 hours of sleep. New research has shown that the REM sleep you get between the 7th and 8th hour of sleep is absolutely critical to feeling rested and to the body repairing itself. So this is why I feel SO much better on those days when I get 8 hours sleep than 6 hours...The chapters are short (a page or two) and I enjoyed the format, so I read the whole book in just a few hours. I marked all of the changes I want to start with and will refer back to the book again and again. It's very practical and not just old ideas rehashed, not leaving you feel like you "should" make the changes, but that it's just too overwhelming to do so; instead, the author shows you HOW to begin and continue. The book covers physical, mental, and spiritual approaches, how to create rituals to support your new habits, and how to get rid of "energy vampires", habits that suck your energy. It is easy to see how working to build your energy, while working to eliminate energy vampires at the same time---this could create almost a vortex of energy so that you'd feel better and much more energetic right away. I know that other books might promise to help with this, but the practicality of this one works. So even though I consider myself very experienced in the self-help arena, this is a valuable book. It is great for novices, too, for the person who would love to have a life coach or personal trainer, but who is just too busy or too tired to even think about it. This book delivers value for pretty much anyone. I am buying a copy for my husband (because I want to keep mine just for me), and for three friends!\*\*\*\*\*

Not his best work. I am a fan but this seemed to be written hastily.

Great book! Lots of hints and tricks to get addicted to energy! The only reason why I gave this book a star short of 5 stars, is because it felt like more of a guide than a book. It really does have great information in it, but some chapters were more opinion than fact. The do-as-I-do chapters, backed

with no studies, statistics or anything, just rubbed me a little wrong. However, I do think it is a great read and I will probably reread it soon!

I really enjoyed the contents of this book because it has many helpful methods in which to energize your life in three key components: physically, mentally, spiritually. I use many of the advice from the book in my day-to-day routine. Since many reviewers have said great things about this wonderful book (and rightfully so), I would like to focus on a few things that can be better. 1) He doesn't seem to use the word "literally" correctly. Unless "energy vampires" are actually putting their mouths on your body and creating a pressure difference between the insides of their cavity to the local environment, I don't think he is warranted to use the word "literally" for describing how they are sucking the energy out of you. 2) He would appeal to more scientifically-minded folks like myself if he cites his sources better when making scientific claims. 3) His grammar needs a bit of improvement. Some sentences are run-ons and some are fragments. If he is doing it intentionally for poetic purposes, that is fine. But if not, his credibility can be compromised. 4) He is biased toward (a) monotheistic religion(s). If he could make it clear if he is not, then that would be helpful for an Atheist, such as myself. Or if he is indeed biased, to consider using a more diverse language.

Lots of great common sense tips in an easy to read format. Things we know but don't do...Love this little book! I read from it daily!

GREAT read

Good for developing a healthy lifestyle!

Wonderful words to get you to the next level!

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

Energy Addict: 101 Physical, Mental, and Spiritual Ways to Energize Your Life  
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)  
My Husband's a Porn Addict: A wife's tormenting journey through her husband's addiction ((Pornography addiction, porn addiction, spouse of porn addict))  
The 7-Day Energy Surge: Get Ready to Energize Your Life...Starting Now!  
Train Your Brain & Mental Strength : How to Train Your Brain for Mental Toughness & 7 Core Lessons to Achieve Peak Mental Performance: (Special 2 In 1

Exclusive Edition) The Power of Positive Energy: Powerful Thinking, Powerful Life: 9 Powerful Ways for Self-Improvement, Increasing Self-Esteem, & Gaining Positive Energy, Motivation, Forgiveness, Happiness ... Happiness, Change Your Life Book 1) Yoga Diet: How to Energize Your Yoga Practice and Nourish Your Body for Optimal Health and Happiness ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders) Energy Balls: Improve Your Physical Performance, Mental Focus, Sleep, Mood, and More! CHAKRAS: Chakras For Beginners: Step-by-Step Practical Guide to Awaken Your Internal Energy & Balancing the 7 Core Chakras Using Meditation Mudras (Spirituality, ... Emotional Physical or Mental Imbalances) Yoga Journal Presents Restorative Yoga for Life: A Relaxing Way to De-stress, Re-energize, and Find Balance Healing Ceremonies: Creating Personal Rituals for Spiritual, Emotional, Physical & Mental Health The Miracle of Fasting: Proven Throughout History for Physical, Mental, & Spiritual Rejuvenation The Subtle Power of Spiritual Abuse: Recognizing and Escaping Spiritual Manipulation and False Spiritual Authority Within the Church Meditation within Eternity: The Modern Mystics Guide to Gaining Unlimited Spiritual Energy, Accessing Higher Consciousness and Meditation Techniques for Spiritual Growth Energy Harvesting: Solar, Wind, and Ocean Energy Conversion Systems (Energy, Power Electronics, and Machines) The Healthy Green Drink Diet: Advice and Recipes to Energize, Alkalize, Lose Weight, and Feel Great Renewable Energy Made Easy: Free Energy from Solar, Wind, Hydropower, and Other Alternative Energy Sources Crystals: The Ultimate Guide To: Energy Fields, Auras, Chakras and Emotional Healing (Aura, Healing Stones, Crystal Energy, Crystal Healing, Energy Fields, Emotional Healing, Gemstone) Paleo Smoothies: Recipes to Energize and for Weight Loss

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)