



Learn how to increase mental clarity
and feel the power of unlimited energy
in this hectic world

Terms and Conditions

LEGAL NOTICE

The Publisher has strived to be as accurate and complete as possible in the creation of this report, notwithstanding the fact that he does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet.

While all attempts have been made to verify information provided in this publication, the Publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples, or organizations are unintentional.

In practical advice books, like anything else in life, there are no guarantees of income made. Readers are cautioned to rely on their own judgment about their individual circumstances to act accordingly.

This book is not intended for use as a source of legal, business, accounting or financial advice. All readers are advised to seek services of competent professionals in legal, business, accounting and finance fields.

You are encouraged to print this book for easy reading.

Table Of Contents

Foreword

Chapter 1:
Eat Littler and Better Meals

Chapter 2:
Physical Activity Regularly

Chapter 3:
Learn New Things Daily

Chapter 4:
Stimulate Your Brain With Games

Chapter 5:
Find Your Passion

Wrapping Up

Foreword

I think that energy management and the power to use your own energy is among the most crucial keys to effectiveness. Although our power to organize our time is limited to the number of hours in the day, our elemental potential for bettering energy has far fewer physical limitations. Being able to better your energy capability and your power to use that energy effectively will have a big affect on your results.

To help out with this I've listed ways you are able to either better your energy capacity or better control the energy you already have. I've tried to provide advice that covers all 4 properties of human energy in physical, emotional, mental and spiritual arenas. I've personally tried all of these strategies and I've discovered them to be incredibly effective in bettering my own energy.

Energy Extravaganza

Learn how to increase mental clarity and feel the power of unlimited energy in this hectic world.

Chapter 1:

Eat Littler and Better Meals

Synopsis

Healthy eating isn't about strict nutrition doctrines, remaining unrealistically thin, or depriving yourself of the foods you love. Instead, it's about feeling excellent, having more energy, and keeping yourself as healthy as possible— all of which can be accomplished by learning a few nutrition basics and utilizing them in a way that works for you.

Healthy eating starts with learning how to “eat smart”—it's not just what you eat, but how you eat. Your food picks may reduce your risk of illnesses like heart disease, cancer, and diabetes, as well as defend against depression. In addition, learning the habits of healthy eating may boost your energy, sharpen your memory and stabilize your mood.

Food Choices

Meat, eggs, fish, fowl, nuts and seeds give you the power you need to get things done. Put walnuts and butter on your rolled oats, not maple syrup and raisins. For afternoon power, eat a low-carbohydrate, high-protein lunch like stir fried chicken with broccoli. Avoid pasta-only meals.

Seek grass-fed meats and free-range fowl. These protein sources are more fertile in several vitamins and omega-3 fats, which are crucial to energy and health. Factory produced animal frequently harbor diseases from overcrowded and unsanitary living conditions, in addition to as unhealthy hormone and chemical residuals.

Cooked spinach, broccoli, kale, collards, mustard greens, chard, bok choy, beet greens, Chinese broccoli are all power boosters, with chlorophyll, magnesium and B vitamins.

Drink adequate H₂O. The amount you require varies by individual. Signs you have to drink more include thirst, dark/deep yellow urine, fatigue, mental fuzziness, dry skin and constipation. Avoid cold water, which retards digestion. Avoid sweet and unnaturally sweetened drinks. Make certain your water is free of added fluoride, which may suppress thyroid (and therefore energy and metabolism) and free of pollutants.

Most people consume 2 to 3 meals a day, often going hours without eating and then gorging themselves every time they eat. Most nutritionists now

advise that eating 5 or 6 meals a day is superior whether you're looking to slim down, or even build muscles. By consuming smaller sized meals throughout the day you provide your body with a ceaseless supply of nutrients and you reduce the chance that you'll overeat. Although I have not yet made this eating style a total habit in my life yet, I have done some preliminary personal experiments that show its effectiveness.

The major advantage of eating smaller meals throughout the day comes in the benefit to your energy reserves. Digestion is among the major drains on your power supplies. Eating smaller meals throughout the day lessens the incredibly high energy drain affiliated with consuming a big meal.

Moreover, eating 5 or 6 meals daily provides the body with a more continuous supply of nutrients to steady energy supplies. Although eating smaller meals won't make up for awful dietary habits, it may be a great way to better the diet you already have.

This might seem like a hard habit to install given our fast paced lives where most individuals don't have the time to cook 2 healthy meals a day never mind 6, so I can offer a couple of suggestions for reducing the time cost from this habit. Begin by cooking meals beforehand. If you fix healthy food only once the entire day and reheat it later, you are able to save yourself some time. You may likewise merely split up your regular meals into halves, eating the other half a few hours after your first meal. You might have to be creative in organizing your efforts to install this habit, but the power advantages make it well worth it.

Chapter 2:

Physical Activity Regularly

Synopsis

The body is an astonishing thing. Each part of the body impacts every other part, which is why the act of healing needs to encompass the whole body.

Yes, physical exercise arouses the brain and may boost your mental clarity.

Exercise increases blood flow and therefore circulates more oxygen to the brain, raising brain serotonin and energy levels.

It's likewise been shown to slow the loss of brain tissue as you age. Even 15 minutes of physical activity a couple of times a week has been shown to cut down the risk of dementia in the elderly.

Get Moving

This one isn't a big surprise, but as far as physical energy goes, physical activity is likely the most important factor. Exercise stresses the physical body so that when given suitable recovery time the body gets to be stronger, yielding more energy.

By exercising on a regular basis with strength, aerobic and flexibility training you are able to gain a huge boost to your energy levels while staving off many diseases and bettering general health.

Exercise likewise releases endorphin, which itself brings on a boost in energy. I frequently find the best time to do energy consuming work is right after exercising because of this fact. Endorphin is likewise a powerful pain killer and broadly betters your mood. In more ways than one, exercise is among the best ways to better your energy.

All health professionals agree that any exercise is better than no exercise. If you don't exercise at all, try taking little steps. Begin by taking a 10 minute walk a few times a week. As you become more used to the action, take longer walks, or walk faster.

If walking isn't your thing, join a gymnasium and try out some fun classes. Fields of study have demonstrated that even 15 minutes of exercise a few times a week is beneficial. Ideally you ought to have 30 minutes of exercise

at least 4 or 5 times a week, varying between cardiovascular and strength training.

Exercise abbreviates stress and helps to relax you. A reduction in stress will help lower blood pressure. Stress likewise adversely affects your immune system, making stress reduction a crucial priority.

Exercise increases your stamina as well as bone and muscle strength, flexibility and balance, which becomes more crucial as you age. Serotonin levels better with exercise so risk of depression is reduced.

It's intriguing to note that when individuals engage in regular physical activity, they tend to take better care of their bodies. Those who exercise tend to consume a more balanced diet, and have lower cholesterol and blood pressure levels than those who don't.

Chapter 3:

Learn New Things Daily

Synopsis

The mental aspect of our energy will ascertain how effectively we may utilize the physical capacity of energy. A commitment to learning fresh things every day is among the most beneficial ways to keep your mental energies sharp.

Although there's inherent value in the added knowledge gained from learning, the action of learning itself may be an excellent way to better your mental energies.

Challenge Your Brain

If you don't already read at any rate one non-fiction book a month, make that your resolution. I personally read anywhere from 1-2 books a week, almost all of the time non-fiction.

Although fiction may be an excellent way to stimulate the imagination, there are a lot of ways you are able to do that, but unluckily the mental learning gained from non-fiction books doesn't bear as many alternatives.

Learning doesn't even have to be directed toward a particular purpose. Even if you don't have to learn anything fresh to maintain the point you are in your life right today, pick up something you find intriguing and learn about it anyways.

Many individuals never pick up another book after they leave senior high school. Learning has to be a lifelong habit, not simply a chore to get a degree.

Most of our social circles are limited to individuals inside our same age range or have like interests. Interacting with these individuals will not bring you fresh experiences and chances.

There are reasons why networking sessions are so powerfully recommended. They bring diverse individuals together who are interested in meeting more individuals. Every participant gets multiple chances to learn something new, either from the speaker or their peers. If you're less inclined in meeting individuals, attempt surfing to some internet forums you've never been to before.

Go to a class. Sign up for a class. Dance classes, hobby related classes appear really popular to individuals who have a bit more time. They may

have something of interest to you too. There are numerous places on the internet to learn something new.

Acquire a hobby. This is an additional great way to try something new. Some individuals likewise manage to successfully turn their hobby into part time businesses.

Study every article in your newspaper. Have you been guilty of scanning article titles and only reading the ones you've interest in? You paid the full price for the paper so make full use of it. Study each article. It may take you an whole hour by the price is well spent. Newspaper articles are commonly well researched and have quality writing in them. That's something you won't find on the net consistently.

Chapter 4:

Stimulate Your Brain With Games

Synopsis

Our brain is the most over-the-top and complex creation in the universe, so it's worth feeding, nurturing, and offerings of challenges.

Your brain works much better than you may think. It's capable of making a huge and even better "inexhaustible" number of synaptic connections, each of which is a pattern of thought.

In spite of all these capabilities, thinking may be hard work, and we mortals by nature tend to do as little thinking as possible. Occasionally thinking feels like lifting weights, that's why individuals commonly pick the first solution that springs to mind without making further efforts to discover alternative better solutions, and that's something you'll learn to avoid while playing brain games!

Brain Stimulation

Of late, there are clinical studies confirming the advantage of engaging brain stimulating activities for health. a neuroscientist and professor of neuroanatomy at the University of California at Berkeley, has scientifically

shown that through an enriched environment the brain grew and with an impoverished environment the brain reduce in size.

The surroundings greatly influence the brain's growth and learning. Likewise, chronic work stress causes the brain and body to exhaust available nutrients, leaving nothing available for learning. The research established that the brain "has the power to constantly change its structure and function in reaction to external experiences."

The brain is like a muscle: utilize it or lose it. Today's research offers evidence demonstrating that taking steps to protect your brain may prevent a decreased memory and slowed wit.

Mental exercise is imperative. It starts when parents read to their youngsters. But it's never too late to stimulate the brain. Reading, doing crossword puzzles, and playing board games like chess and word games which stimulate the brain to think.

Assuming you're already committed to learning fresh things each day, stimulating your brain in additional ways is among the best ways to ensure your mental energies remain sharp. I like playing games from poker to puzzles and I feel that playing games may be a excellent way to better your ability to focus your energies, aside from being entertaining.

In today's world of violent video games I think the value of play has been too frequently dishonored.

Games that cause you to think and reason are among the best ways to keep the mind active. Playing games that challenge you to think strategically, problem solve or merely test your memory are all great ways to energize the mind.

Don't forget that some of the best games may be very low tech. Charades, Scrabble and card games may be excellent ways to flex those mental muscles and improve your mental vitalities.

Chapter 5:

Find Your Passion

Synopsis

Above all the other propositions I have made, nothing will affect your energies more than finding and producing your own life purpose. From this passion you are able to start to align all of your goals and actions towards it. The greater congruency you have between the actions you take and the meaning they have, the better your energies will be.

Finding your passion doesn't have to be some divine epiphany, although it surely may be. Your passion is what you're deciding your life means with the data you currently have available. You can't accomplish perfection with a purpose because you're not all-powerful.

All you may do is decide what your life is going to mean, today. Decide this and start aligning all your resources toward this aim. Congruency between action and purpose produces more energy than anything else.

What Excites You

Is there something you already dearest doing? Do you have a hobby, or something you loved doing as a youngster, but never thought about it as a possibility?

Whether it's reading comic books, accumulating something, making something, producing or building, there's likely a way you may do it for a living. Open a comic book shop, or produce a comic book site online. If there's already something you enjoy doing, you're ahead of the game. Now you simply have to research the possibilities of making cash from it.

What do you spend hours reading about? Don't close your mind to these topics. Check into them.

Brainstorm. Nothing springs to mind right away? Well, get out a piece of paper, and begin writing down ideas. Anything that springs to mind, write it down. Look around your home, on your PC, on your bookshelf, for inspirations, and just write them down. There are no bad ideas at this stage. Write everything down, and evaluate them later.

Ask around, and surf for openings. Ask others for ideas. See what other people have discovered as their passions. Look all over the net for ideas. The more possibilities you find, the more likely your probabilities of finding your true passion.

Accomplish as much research as conceivable. Know as much about your passion as conceivable. If this has been a passion for some time, you might have already been doing this.

Anyhow, do even more research. Read every site possible on the topic, and purchase the best books available. Find others, either in your area or on the net, who do what you wish to do, and quiz them.

Never stop trying. Can't discover your passion initially? Give up after a couple of days and you're sure to fail. Keep trying, for months on end if necessary and you'll find it sooner or later. Thought you found your passion but you got sick of it? No issue! Begin over again and find a new passion.

There might be more than one passion in your life, so explore all the possibilities. Discovered your passion but haven't been successful making a living at it? Don't quit. Continue trying, and try again, until you succeed. Success doesn't come easy, so quitting early is a sure way to fail. Keep trying, and you'll get there.

Wrapping Up

What I've defined here is a lot of work ... but it will be the best investment you've ever made. Follow your passion, enrich your brain, find peace and stimulation and you will be truly happy and incredibly fulfilled. I wish you the wildest successes of your wildest dreams!