

ENERGISE YOUR LIFE!

**The Top 5 Reasons Why You Feel Tired All The Time
And How To Create The Energy
For Living An Awesome Life**

Dr Kylie Dodsworth

**Inaugural Winner Of The Integrative Medicine Awards 2015
Excellence In Practice: Integrative Medicine**



Energise Your Life

Cliff Bunnig



Energise Your Life:

60 Ways to Energize Your Life DeWitt S. Williams, 1998 These short one a day readings are filled with personal stories of victory over poor health exciting insights into the human body and its Creator and inspiring parallels between the Christian walk and the world of science

Change Activist Carmel McConnell, 2022-04-20 This book is for anyone wanting to make change happen in their life in their workplace or community and possibly for a better world It shows how social activists ask better questions take baby steps to move to the next level From green campaigns to building profitable trusted teams to Government policy Carmel offers practical tools and strategies in your personal and professional life Rather than tune out or hope someone else will create the best options Change Activists use passion purpose and a compelling plan to move forward Change activists ask better questions what am I passionate about what change do I want to see in the world how can I make big things happen fast in my life If you are interested in values led change for yourself and across any kind of organization this will help there is power in being true to yourself in doing the right thing And it is your life so don't be plastic about it The book describes how to navigate the ups and downs of making change happen from start up to scale up to winning backers and allies Through interviews with global change leaders including Big Issue co Founder Lord John Bird Kenyan education leader Qabale Duba and Indian vaccination activist Varsha Vanugobal Carmel unpacks the elements of successful change activists suggests we are all capable of more if we take action This is a practical guide Carmel wants everyone to find and play their part in a better future

Money Toughness Dr. Wanjiru Gachie, 2017-12-18 Riches of Heaven upon Earth provides the readers with 21 wealth making principles that will lead to the attainment of a victorious lifestyle The book demonstrates that money is a defense and therefore implies that anyone without a tough wall is defenseless against the threat of living a debt ridden lifestyle The author rejects the belief that enjoying wealth on earth from heaven is not a birthright As such the book share various practical strategies for cleansing finances from Debt from a Biblical perspective The books shares how you can enter into a blessed zone and thus partake in Riches of Heaven upon Earth Dear reader are you stuck in the valley of the dry bones dry bills dry relationships and dry careers Do you feel like a Better Lifestyle is passing you by Then I invite you to join me in this book then you can partake on the journey to financial transformation and the Heavenly Father's Riches of Heaven upon Earth can bless us The books shares financial transformation life cycle model that you can implement in your life from a Biblical perspective so that you can behold the Riches of Heaven upon Earth The books shares how you can create your Boston Consulting Group BCG growth share matrix so that you can tap into the riches that the Heavenly Father has made available for you The book also shares SMART principles of financial transformation from a Biblical perspective that will radically enrich your soul and spirit that you may experience the riches that the Heavenly Father has predestined for you The book shares the spiral model for creating eight sources of income prototype as that is the purpose of the Father in your life The book shares various tools for financial transformation such as Financial Vision Evaluation Matrix and the SWOT

analysis so that equipped with the knowledge of your strengths weaknesses potential opportunities and threats you can take charge of your financial destiny all the days of your life A Binding Agreement Form which will help you in breaking poverty cycle as you make a pledge to yourself to that you shall experience the Father s Riches of Heaven upon Earth in the land of the living In addition shares powerful lessons from people referred to as the man of God and shows you how you can replicate their life lessons so that you can be all that the Father has planned in your life The book shares a framework for breaking curses from a Biblical perspective The book shares how you can break generational curses by making the conscious decision to accept the Father s invitation to enter into His blessed zone where there is an abundant supply for both tangible and intangible riches beyond human comprehension The book will share with you just how beholding the Heavenly Father can be your greatest life transforming precious treasure I pray that you shall be blessed as you join me in my own journey from nothing into something by the grace of the Heavenly Father which He bestows even to the most undeserving

Hidden Demons David Clive Price Ph.D.,2020-06-03 David has crafted a beautiful narrative of what it means to be an addict He takes a fearless moral inventory of his life without being cynical or grandiose He shares tools and techniques based on personal experience and painful self investigation that really matter and more importantly work All of us fail and dishonour ourselves at times in worlds of our own making We throw away our potential that resides in every sunrise whilst mourning at sunset the loss of our days We are all free to change our stories and the world we have made for ourselves David shows us how Paul Sinclair emotional intelligence and addiction coach NLP Master This book is written 100 per cent from the heart and if like me you have read some of David s other books you too will find that he writes in a way that you feel he is talking to you personally Hidden Demons doesn t hold back on the graphic past of his life however hard to digest and perfectly reflects the message it portrays so effectively accept the truth for only then will you be able to change Tony Jeton Selimi human behaviour expert specialising in the psychology of maximising human potential TEDx speaker co creator of Living My Illusion documentary series and Amazon international bestselling author of A Path to Wisdom <http://tonyselimi.com> In his work with senior leaders and in his powerful books David shows us that the vulnerable future is already upon us more open and connected societies more outreach and more resilient and responsive leaders John Mattone bestselling author and world s top executive coach Global Gurus 30 *Get Yourself Back in Motion* Jason T Smith,2018-11-01 SAVE TIME AND MONEY BY TAKING CHARGE OF YOUR HEALTH Having treated thousands of clients over more than a decade and supervised hundreds of trained physiotherapists in one of Australia s leading health care groups few people are better positioned to give advice on physical health and wellness than International Author and Speaker Jason Smith Written in plain English this unique book will change your life by combining timeproven and medically sound principles with an innovative philosophy of selfempowerment You will Discover The secret to wellness is a lot more than being uninjured or pain free Crucial health advice that doctors and therapists rarely have time to share with you The importance of physical movement to

living longer and enjoying life Innovative strategies to reduce pain immediately and make a fast recovery How to assess which treatment options are best for you Proven approaches to achieving lasting results from each physiotherapy session and not lose the benefits over time How to save time and money by not becoming dependent on your practitioner The Back In Motion Story A Simple Philosophy Back in Motion Health Group first emerged as a concept or desire to operate a first class physiotherapy practice which offered clients holistic solutions sustainable outcomes genuine and ongoing after care and was altogether encapsulated in relating to people with prestige and dignity The more traditional physiotherapy practice models observed at the time certainly did not reflect these found values or philosophies of care Back in Motion Health Group commenced as a small practice in the home of founders Jason and Paulina Smith in September 1999 Their early success resulted in quick growth and by April 2000 had moved the practice from their home into more suitable commercial medical facilities An expert and committed team soon gathered around Jason and Paulina as they focused on emerging as one of the choice physiotherapy providers and employers in our industry **Detox: The Lazy Person's Guide!** Belinda Viagas,2001-10-04

Based on the simple principle of detoxification as a means of cleansing your system the dynamic natural techniques in Detox The Lazy Person's Guide will give you a fitter body a clearer mind and higher spirits Author Belinda Viagas offers the simplest of rules to guide your detox tailor made to your individual needs telling you what to eat how to prepare it and what to avoid A series of easy exercises will further boost your circulation and stimulate your immune system The Lazy Person's Guide is a series of popular cheerful yet thoroughly grounded practical and authoritative books on various health issues and conditions Other titles in the series include Beating Overeating Exercise Improving Your Memory Midlife Quitting Smoking Self esteem and Stress Other books by Belinda Viagas include the Detox Diet Book Natural Healthcare for Women and The Pocket A Z of Natural Healthcare Detox A Lazy Person's Guide Table of Contents Introduction Why Detox Food as Medicine The Effects of Stress Diet and Stress The Benefits How to Detox Working with Foods Adding Herbs Following the Seasons Getting Started Targeting Your Detox Preparation meals Your Detox Plans One Day Detox Two Day Detox Four Day Detox Week long Detox The Original Detox Diet Recipes Salad Dressings Salads Soups Sweet Things Cooked Meals Back up Information Cleansing Techniques Brushing Well Dry Skin Brushing Massage Exercise Hydrotherapy Clearing Your Mind Affirmations Visualisations Meditation No Time to Detox Detox Your Life A Personal Audit Practical Steps New Things Resources and Reading Guide Further Reading Finding a Practitioner Contacts *Empowering Relationships* Shakti Durga,2013 Are you looking for a deeper understanding of how to create healthy relationships from a spiritual perspective Advice and help with transforming even the most tricky relationships Empowering Relationships is filled with powerful effective and easy to use tools and techniques that will help you gain a better understanding of relationships and yourself in the process Author Australian Guru Shakti Durga aims to empowering you to end relationship issues through gaining the ability to create more peace and happiness in your life than you ever thought possible Her teachings are based on her own

life experience of two divorces and now a long term deeply loving marriage of 12 years She has also taught thousands through her courses and seminars how to successfully change every form of relationship from marriages to workplaces While her approach melds together the spiritual with the practical it is accessible to people of any faith or background She provides a set of tools that she has tested herself and knows they work She also provides clear advice and explanations of how our relationships are impacted by the spiritual laws that govern everything and are common to all faiths and religions Learn how to fix marriage and workplace relationship patterns created by old stuck beliefs emotions and energy Discover how our thoughts how we manage emotions our past lives karma early childhood experiences and our own self worth affect every relationship in our life Become empowered to change your life through the knowledge to heal yourself and your relationships This book is for those who want to start playing an active role in improving their lives It s time to gain the knowledge and ability to create the life you have always wanted The Wiccan Guide to Self-care Marie Bruce,2023-10-01 This empowering book gives readers all the tools they need to improve their own mental health the Wiccan way written by a qualified psychotherapist and practising Wiccan Marie Bruce Exploring topics such as life spirals world views depression insomnia grief trauma burn out relationships happiness achievement goal setting and so much more this guide includes spells and rituals to help the reader take a more proactive approach to self care In addition to the benefits for mental health Marie gives us her spells for pampering such as beauty and bath rituals meditations for relaxation and even dream incubation spells for additional self care Whether you re a practicing Wiccan or are curious how its practices can benefit your mental health this book is a wonderful companion on your journey to health and happiness *Mindfulness-Based Cognitive Therapy For Dummies* Patrizia Collard,2013-08-26 Stay in the present and build a happier future Mindfulness Based Cognitive Therapy For Dummies takes you through the eight week MBCT course using the principles of mindfulness to complement established CBT techniques You ll discover how using MBCT can help lower your risk of relapsing into depression and reduce the risk of other mental health disorders including anxiety stress and low self esteem Provides a solid foundation for positive mental health The downloadable audio files contain guided meditations a core feature of the MBCT program MBCT works as an excellent supplement to therapy and may reduce the need for medication If you suffer from depression anxiety insomnia or a host of other mental health disorders let Mindfulness Based Cognitive Therapy For Dummies keep you in the present and build a happier future *Whose Heaven Is It?* Gurdev Naegeli,2014-08-06 Mankind is on this physical earthly level for a purpose that of continuing his spiritual journey He senses there is more to existence in seeking meaning and happiness The Spiritual Platform contains the natural spiritual laws that govern our individual and collective development Religions are but part of the expression of this journey and not the fi nal outcome and today we need to understand the specifi c spiritual laws of good and bad as compared with right and wrong More unites us than divides us and using these natural spiritual laws will help us to fulfil our destiny **Doing Essays and Assignments** Pete Greasley,2011-05-09 This will be a must have book

for all university students The book's clear organization and broad content have been developed from Greasley's own extensive teaching experience As enjoyable as it is functional Doing Essays and Assignments sets the essay writing process within a manageable structure that will prove a friend to students and markers alike pub desc **Journey of a Scene**

Tanveer Ahmed,2024-05-04 This book is for all those who are passionate about acting but could not join an acting school for various reasons This book trains you in professional acting techniques and step by step processes to prepare for a scene It teaches you how to get out of your fear of judgement and fear of performance and strengthens your personality to stand in front of an audience with ease This book helps you look within yourself understand your emotions become more self aware and learn to manage your emotions better You learn acting methods that you can practice alone at home with friends or with other co actors It slowly transforms you into a trained actor with the required knowledge of acting and you no longer remain a beginner in acting It prepares you to apply for acting auditions and paid acting jobs Yes you can start your professional acting career at any age Hence this book is for all ages If you hear an inner voice whispering within you that you should be acting you are made for acting This book is the first step toward your journey in the field of acting Let's begin **The**

Meditation Book of Light and Colour Pauline Wills,2014-05-21 Meditating with colour can be a powerful way to improve health and well being This handbook provides a full spectrum of easy to use colour breathing and visualisation exercises Anyone can practice these simple meditations and they are ideal for colour therapists yoga instructors and CAM practitioners to use as guided meditations with clients **You Too Can Succeed** Joginder Singh,2005-01-01 You Too Can Succeed

BOOM! Andrew Woods,2012-09-13 This is a fantastic story that can easily happen in your company Let your company come ALIVE with BOOM A fictitious manager learns from a real Hong Kong based company with offices throughout APAC how to release passion creativity and drive The ConnectedWay Follow Lisa Zhang as she re locates to Hong Kong from Toronto and inherits a demotivated work force Lisa finds great value in the simple principles ConnectedGroup lives by She takes these back to her own team to re work and make them their own BOOM is an inspiring story of how businesses can adopt principles for invigorating the most important asset human capital It is not only a story for your workplace it is a story for your life Addressing on of HR's biggest challenges retention and employee engagement BOOM uses the simple acronym ALIVE to give the reader 5 key game changing pointers to develop a motivated successful work team **The Accidental**

Entrepreneur, The Survivor Edition Janine Allis,2020-04-27 Get the inside story of Boost Juice a global phenomenon and discover 30 strategies for business success from its founder Janine Allis Share in Janine's colourful stories as a serious business woman on Shark Tank a mud covered competitor on Australian Survivor author podcast host and ambassador for Australia for UNHCR Leading Women Fund Establishing a new brand and creating a unique retail concept is never easy So what happened when a mother of four put her all into doing just that The Accidental Entrepreneur shares the inside story of Boost Juice which exploded as a brand and became a global phenomenon Learn how Australian adventurer Janine Allis

transformed her healthy living idea into a beloved brand and discover why she decided to do retail differently providing an enjoyable customer experience based on a love life philosophy By offering delicious healthy and fun options Janine s juice and smoothie business grew rapidly into an award winning enterprise She then took on more exciting challenges as a judge on Shark Tank a competitor on Australian Survivor and now as an ambassador for Australia for UNHCR Leading Women Fund Discover Janine s 30 secret strategies for business success Share in her colourful anecdotes and life experiences Gain business leadership and management insights Go behind the scenes for her roles on Shark Tank and Survivor Anyone pursuing success can learn from Janine s ability to offer popular products with staying power and fans of Boost Juice Shark Tank or Survivor will enjoy a behind the scenes look at these famous global franchises Uncover the secrets of an Australian business owner who took a healthy living brand straight to the top *Destination Happiness* J.P Vaswani,2019-06-20 What is it that all of us want in life Whether we list money power fame success or love as our top most wish ultimately everything is whittled down to just one common factor we all wish to be happy above all else Happiness according to the author is not an abstract concept to be dissected and discussed It is a state of mind and a condition of life which is our birthright Why then should we settle for less The author shares with us as many as 20 paths to a happier life Feel the thrill of a joyous discovery with J P Vaswani as your expert guide and enjoy the journey as much as the destination *The Accidental Entrepreneur* Janine Allis,2016-03-04 Learn the other secrets to success from the founder of Boost Juice In *The Accidental Entrepreneur* author Janine Allis shares the secrets and skills that took her from housewife to entrepreneur to head of a multi national corporation As the founder of Boost Juice Janine has journeyed from zero formal business training to leading a company with over 400 stores in 12 countries This book takes you down the long road that she travelled including some quirky stops along the way and gives you valuable insight into taking the alternative road to business success You ll learn how she captured the hearts of consumers with her love life philosophy and how to hang on to your core values build the right team listen to your customers and market like the big boys As a working mother of four Janine understands the demands of modern life and shows you how you can accomplish your goals without sacrificing your health or your relationships in the process Boost Juice is in more countries than any other juice bar in the world employs 6000 people and for the past four years has grown by an average of 30 stores and four countries every year And it all began with one housewife in her Melbourne kitchen Big ideas often start out small and this book shows you how to nurture them into achieving their full potential Learn how a company grows from kitchen table to AUD135 000 000 per annum Explore and apply Janine Allis s practical tips for success Identify and develop the skills you need to get where you want to be Overcome the common obstacles that can throw you off course If you think the only way to build a prosperous business is to go to a top business school think again Janine Allis is living proof that alternative paths are valid *The Accidental Entrepreneur* charts her course and provides you with directions to the destination you crave *The Direct Path to Self-Realisation and Beyond* Cliff Bunnig,2011-04-05 This is a book about

spiritual development your spiritual development actually It is about empowering you so that you can take charge of your own spiritual development so as to have a meaningful and deeply rewarding spiritual life You don t need to join any organisation or even leave your own home in order to achieve your full spiritual destiny Surprising as it might seem this unique book sets out how you can achieve Self Realisation enlightenment in as little as one to two years This is something that normally takes many decades or whole lifetimes to achieve using traditional methods How is it done By learning a simple easily mastered method of contacting and mentally talking with in a two way mode any high level spiritual being you want to It s called channelling but there is no spirit taking over your body or funny stuff like that So you get spiritual guidance tailored to your own individual needs from whomever you like as often as you like on a 24 7 basis and entirely at no cost to you You can see why it is called The Direct Path to Self Realisation and Beyond What does the Direct Path require of you Just a strong desire to achieve your full spiritual potential as a human being The book is written in a warm personal style so it is accessible to everyone and usable by anyone The way forward is all laid out for you The only question is Are you up for the challenge

Raising Happy Children For Dummies Sue Atkins, 2012-01-24 Every parent would like to have a happy well behaved child but every parent also knows this is not often a reality Raising Happy Children For Dummies helps you better understand your children from toddler to teen boys and girls and is packed with practical tips from an experienced parenting coach to improve your parenting your child s happiness and as a result their behaviour The book helps you explore your own parenting skills helps you to define what changes you may need to make and provides advice on how to implement new parenting habits to improve you and your family s relationships Covering both day to day parenting and offering extra advice on how to help your children deal with life s tougher challenges this is a down to earth guide from a parenting coach and mother of two Sue Atkins Raising Happy Children For Dummies covers Becoming a Confident Parent Knowing What Kind of Parent You Are and Want to Become Understanding Your Kids Needs Beginning with the End in Mind Establishing Goals for Your Family Communicating Effectively and Connecting with Your Children Approaching Parenting With Common Sense Maintaining Great Relationships Getting Down to Earth and Practical Disciplining Your Kids Choosing Different Strategies for Different Ages When the Going Gets Tough Handling Conflict Coping With School Helping Your Child Cope with Individual Problems Helping Your Child Cope with Bigger Issues Raising Children with Unique and Special Needs Raising Twins Triplets and Multiple Birth Children Ten Things to Do Every Single Day as a Parent Ten Techniques to Build a Happy Home Ten Things to Do When it All Goes Pear Shaped Ten or so Top Resources for Parents

Energise Your Life: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the fascinating narratives that have enthralled audiences this year.

The Must-Read : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph.

Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery.

Energise Your Life : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023.

Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and gripping novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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Energise Your Life Introduction

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