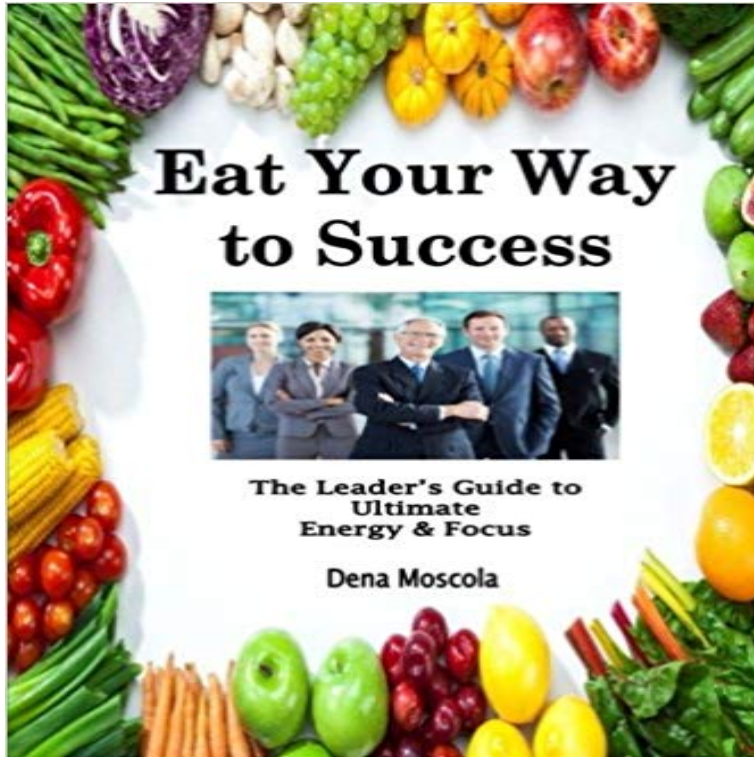


Eat Your Way to Success: The Leaders Guide to Ultimate Energy & Focus



Being the best leader you can be requires you to be as alert as possible and sustain strong energy levels despite high pressure, sleep deprivation and deadlines. This book will share insights on how the food you eat ultimately impacts your performance as a leader. Learn how to decrease or eliminate: Fatigue - Irritability - Food guilt - Impatience - Distractions - Sugar sensitivity - And more! Results: Steady energy - Sharper mindset - Stronger focus - More patience - Happier disposition - Healthier metabolism - Burn fat faster - And more! Now, with results like that, doesn't it make sense to learn more about food choices, especially during challenging times? Isn't that when you are needed to show up in the most peak state? Instead of reaching for the comfort food, skipping a meal or grabbing the wrong thing because it is fast, wouldn't it be smarter to be better prepared and eat what will make you stronger and more alert? That's a no-brainer! This book provides smart, easy, convenient and tasty strategies to make that possible. Additionally, create personalized guidelines and learn how to follow through on them. Plus, learn how to shift your mindset to increase your motivation and change limiting beliefs for lasting change. As a result, you advance your leadership effectiveness, which ultimately enhances the quality of your life.

Welcome to the blog of Joan le Grande. I'm changing the blog to english so forgive me the dutch articles before. I already translated a few, keeping it up! Anyway, stay tuned for lifestyle articles and reviews about games or other nerdy stuff. Enjoy! Categories Comics Games Playstation 4 Wii U Lifestyle Posted by Joan le Grande in Games, Playstation 4 Leave a comment Tagsexperience, first look, Games, Playstation 4, Playstation VR review, ps4 VR review, virtual reality YES YES YES. I'm super hyped about the VR, but you obviously knew that already because of my last blogpost. There were a few hiccups because I ordered it online and I was working during the time it came. I stressed, freaked, jumped and finally gave up on the thought I got to play on the day it came out. But luck was on my side and when I got home, 20 minutes later the VR glasses arrived! In this post I will take you with me on my first experience with virtual reality. Was it as awesome as I hoped? Or is nauseating and not really my cup of tea? Read and find out!

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