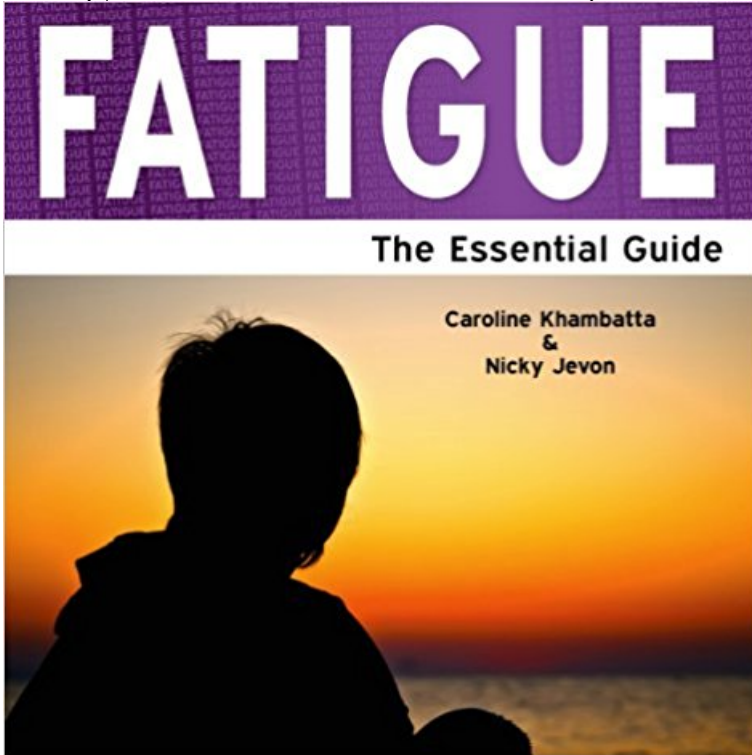


Fatigue: The Essential Guide (Need2Know Books Book 121)



Many people feel tired after very busy times this is natural. Feeling lethargic and fatigued for long periods that do not obviously relate to physical exertion is a different issue. Fatigue is not the same as tiredness. Tiredness has a natural flow and a distinctive cause and effect. Fatigue behaves differently. Many people describe it as feeling as though their battery has been removed. Fatigue does not respond to rest in the same way that physical tiredness does and requires a different approach. This book looks at the whole person and addresses factors of stress-related fatigue including the physiology, energy levels, emotions, life balance, activity and looking after yourself. Discover how you can reduce your fatigue. Learn how to boost and replenish your natural energy using practical ideas and activities. Whether fatigue is new to you or an ongoing issue, this is the essential guide to accessing and sustaining healthy energy levels.

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