

Download The 7 Day Energy Surge

Through his work with more than 500 clients, Jim Karas has identified the 10 components that contribute to your personal balance-of-energy equation—and created the 7-Day Energy Surge to help you put all 10 to work for you. The 7-Day Energy Surge book. Read reviews from world's largest community for readers. We all know what it feels like to be on—to wake up feeling refreshed...7 Day Energy Surge argues that shallow breaths are causing the level of carbon dioxide in our blood to increase. This increases our stress levels and saps our energy. This increases our stress levels and saps our energy. Buy The 7 Day Energy Surge by Jim Karas, Cynthia Costas Cohen (ISBN: 9781605294797) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.