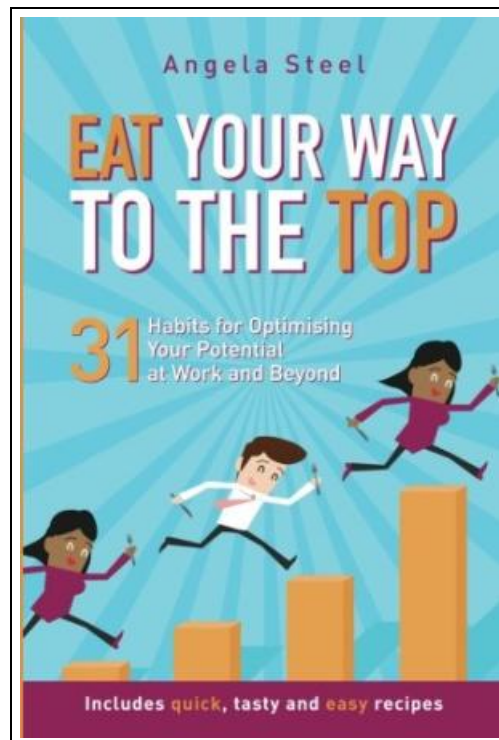


Eat Your Way to the Top: 31 habits for optimising your potential at work and beyond



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Reviews

*It is really an remarkable book which i have ever go through. It can be writer in simple terms and not difficult to understand. I am just effortlessly can get a enjoyment of reading a composed pdf.
(Dr. Lily Wunsch II)*

EAT YOUR WAY TO THE TOP: 31 HABITS FOR OPTIMISING YOUR POTENTIAL AT WORK AND BEYOND



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SuperWellness Publishing. Paperback. Condition: New. 256 pages. Dimensions: 9.0in. x 6.0in. x 0.6in. Are the food choices you're making fuelling success, or are they secretly preventing you from reaching your full potential? It's not just athletes who benefit from optimising their diet. A recent study led by Brigham Young University concluded that the impact diet has on work performance and productivity is as high as 66%. Imagine what a difference a 10% improvement in productivity would have on your life, let alone 66%! *Eat Your Way to the Top* shows you how to plug the gap, in a way that fits with the demands of a busy life. The first two chapters reveal: The *Eat Your Way to the Top* Formula, based on scientific evidence, not fads. The nutrition myths that undermine your success. How to optimise your metabolism throughout the day. Some tips about food allergies and intolerances. How to get consistent high energy levels. The following chapters are organised around themes such as Putting the essentials in place or Travelling and rushing to meetings. They cover the 31 habits, including: Being carb-savvy. Having a healthy coffee strategy. Making hotel breakfasts work for you. Great snacks for the road. Going out for drinks and making the best choices. Reading food labels. Recipes. In the recipe section you'll discover the 20 most popular recipes Angela uses in her corporate nutrition programmes. Most of them can be achieved in under 15 minutes (this section is illustrated in black and white). Whether you're considering the success of your own life and career, or as an employer, the success of your business, which depends on the people you employ, this book is an essential part of your toolkit. Reading it will enable you to reap the rewards of steadily building up healthy eating habits,...



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