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This Is Why You're Sick and Tired: (And How to Look and Feel Amazing)

By Jackie Warner



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This Is Why You're Sick and Tired: (And How to Look and Feel Amazing)

By Jackie Warner

If you had more energy, what would you do?

Stop saying "If only..." and get yourself on track to health, happiness and that youthful glow you thought you lost forever. Jackie Warner—New York Times bestselling author and personal trainer to the stars—has the answer to the energy crisis in your life, and it's not in the next cup of coffee you're reaching for. It's getting rid of your energy-sapping lifestyle.

This Is Why You're Sick and Tired goes to the root of your energy problem to give you the tools you need to rehabilitate your body on the cellular level to target the cells and hormones critical to energy, vitality and weight loss.

Each week of this 3-phase plan will offer a new diet and exercise program that alters chemistry in stages, working with your brain and body to balance and release a new set of chemicals and patterns. The diet has been carefully coupled with a progressive style of training that adapts and changes each week along with your foods and your body chemistry. Once you have completed the reset, you will be fully prepared to live a whole new lifestyle—one that is energetic and positive!

With Jackie's core principles, you will restore and recharge your body, renew your vitality, and stop feeling moody and stressed out. You'll sleep better. And you'll drop weight fast and look better than you ever have before.



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Editorial Review

About the Author

JACKIE WARNER is one of the most sought-after wellness gurus in media. She starred in Bravo's hit television shows *Work Out* and *Thintervention with Jackie Warner*. She lives in Los Angeles.

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