



Feeding Success: A Nutrition Blueprint for Busy Professionals and Business Travelers

Ms. Emmanuelle Galland

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The Ultimate Guide For Busy Professionals and Business Travelers Who Want To Build Success On A Healthy Foundation and Feel High-Energy, Fit and Clear-Headed. Feeding Success is a nutrition and lifestyle guide to help busy professionals and business travelers increase their energy and maximize their potential. It is also the story of overcoming an auto-immune disorder and burnout with empowering dietary and lifestyle changes. Emmanuelle will teach you:

- What foods increase energy, improve mental clarity, and reduce stress in your body
- How to boost your immune system before a business trip
- Tips to induce restful sleep
- A framework to create an exercise program for well-rounded fitness and a winning mindset
- How to order healthy foods in a restaurant
- How to sustain energy on your big days with nutritious meals and power snacks
- How Emmanuelle recovered from Graves' disease and took her career to the next level -----

----- “Not only is it a diet change, it is an incredible life-changing experience.” – Liam Oliver, CBS Sound Engineer, NJ “Emma will open a door to a completely new ‘YOU’. The foods Emma made me eat had a profoundly positive influence on my mood, my energy levels and impacted my behaviors and attitude at work and at home.” – Lina Fiks, Accounting and Tax Senior Manager, NY “My job involves frequent travel. Since following Emma’s plan, my immune system is much stronger and I no longer experience any colds in the winter and any allergies during spring.”- Achim Bader, Management Consultant, NY

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Evelyn White:

People live in this new time of lifestyle always aim to and must have the extra time or they will get lots of stress from both lifestyle and work. So , once we ask do people have extra time, we will say absolutely without a doubt. People is human not really a huge robot. Then we ask again, what kind of activity do you have when the spare time coming to anyone of course your answer can unlimited right. Then do you ever try this one, reading guides. It can be your alternative throughout spending your spare time, the book you have read will be Feeding Success: A Nutrition Blueprint for Busy Professionals and Business Travelers.

Larry Chaffin:

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