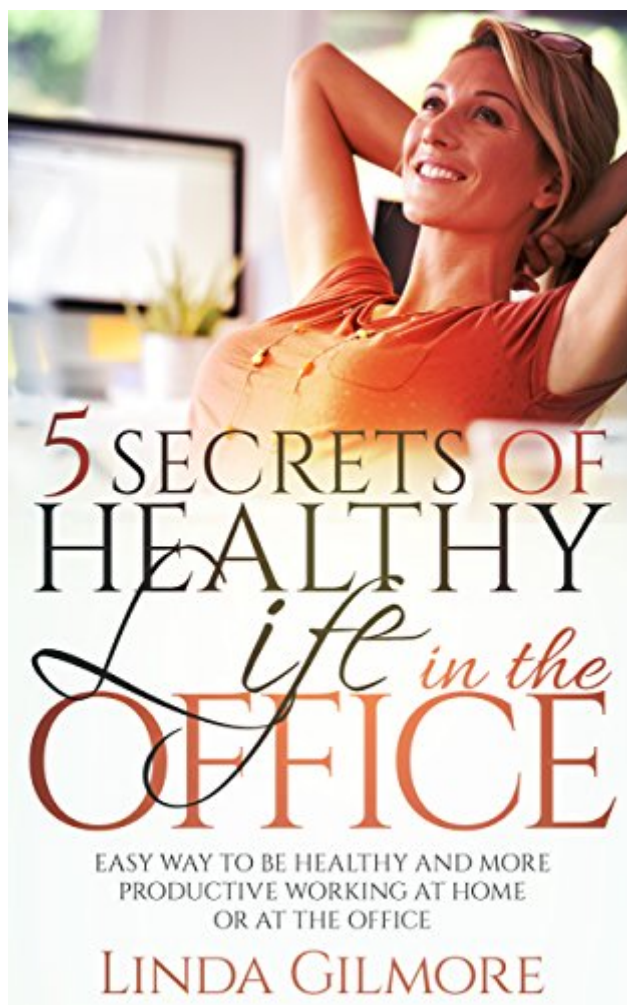


The book was found

5 SECRETS OF HEALTHY LIFE IN THE OFFICE: Easy Way To Be Healthy And More Productive Working At Home Or At The Office



Synopsis

Have you ever wondered how you can ever be healthy AND more productive in your office? Does it seem like an impossible task? It isn't. All it takes to make a life change is a little knowledge of how to make it happen and you could be enjoying better health and better productivity just by sitting in your chair.

5 Secrets of Healthy Life in the Office: Easy Way to be Healthy and More Productive

Working at Home or at the Office is a new book which aims to show you the secrets of maintaining your health while you work, through:

- Choosing healthy snacks
- Exercises for your body
- Exercises for your eyes
- Choosing comfortable clothes to wear
- How to keep good order on the desktop

One in five Americans works from home today, at least part of the time. That means that one fifth of us has a home office and probably a lot of unhealthy habits as well.

5 Secrets of Healthy Life in the Office won't take you long to read, but it could change your life by helping you to develop healthy skills and healthy habits and transform the way you work. Get your copy now! A healthy, more productive work space is waiting for you.

Book Information

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Customer Reviews

This book comprehensively explains how to work healthy and enjoyably at the office or at home. I liked the practical advice, that I found here, I tried to use these tips on my work during several days, and already can feel the results. Great book to read if you suffer from uncomfortable work at the office.

Definitely, this is the book I was looking for. It's worthy to read if you have sedentary job and want to change its unhealthy effects. Book contains precious information about exercises and healthy eating habits. So now I have decent necessary knowledge to transform my hardworking days into healthier ones. Thanks to writer!

I liked that this book describes in details which things we should change to make our office life more productive and less unhealthy. It tells how to better organised the work space and to improve the productivity in such way. The exercises from the book are effective and don't take much time, which is important at the office. I like the way I work now after applying information from this book.

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