

## Simple Jess

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anxiety research now shows that nutritional factors often underlie the anxious  
thoughts and feelings we have every day in this powerful workbook readers will  
discover the importance of protein and glucose control and how they can use  
potent brain fueling foods to overcome anxiety worry and fatigue for good

if you want your life to really change it s not what you think or what you feel but  
what you do that sets you up for greatness transform your life in just four  
weeks with 22 specially designed tried and tested power moves deceptively  
simple habits that help you walk your talk the power moves are backed up by  
the latest scientific and psychological research including circadian rhythms

hydration gratitude and sleep to ensure each habit gradually hones your physical and mental resilience no matter the change or difficulty happening in your life each power move is quick and simple enough to do within minutes meaning your motivation and commitment are unlikely to waver your life is your message your legacy it's time to walk your talk

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