



# The Energy Shift: Increase Your Energy and Do More of What You Want Every Day

*Ritu Rao*

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## **The Energy Shift: Increase Your Energy and Do More of What You Want Every Day** Ritu Rao

In a world where there's never enough time, how do you get more done?

It's true that once time is spent, it's gone forever, but energy is a renewable asset. Personal energy is not that frantic, caffeine-induced high during which we expect miraculous results. Rather, it's a focused, calm force, a well you can draw from, one that fuels us to do more of what makes life fulfilling and meaningful. It's the pathway across the valley that separates surviving and thriving.

The Energy Shift is Ritu Rao's practical, uplifting, and relevant guide to help develop and optimize your personal energy in the limited time you have, setting you up for the best chances to succeed.

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