

The Source is the most comprehensive, authoritative and cutting-edge health guide available on how to power up your energy, your health and your life. This accessible, uplifting book is packed with ideas for everyone who is concerned about their energy levels, their stress levels and their health and wants to take steps to put it right. Dr Merrell's 21-day programme looks at every aspect of your life and examines why you may be out of balance. Dr Merrell then offers practical strategies to help you wake up your body and reveal a new you. With wide-ranging advice covering everything from improving your mental wellbeing to energy-creating exercises and how to get better sleep, Dr Merrell explains the science and then offers tangible advice that you can take to achieve optimal energy, reach your ideal weight and look and feel ten years younger, including delicious, nutritious recipes and a day-by-day-guide to increasing your energy levels. Tap into your own source of energy and feel amazing! This US-originated book has been completely adapted to make it 100% accessible for the UK market. A comprehensive, sane and fruitful path beyond health to vitality. Anyone can benefit from reading this book -- Daniel Goleman, author of Emotional Intelligence The Source is a must-read for anyone who wants to take their health and wellbeing to the next level -- Anthony Robbins, author of Awaken The Giant Within and Unlimited Power I read this entire book in one sitting! I found I just didnt want to put it down. The 21-Day Programme is such a simple and empowering way to reconect with your own source -- Cindy Crawford

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