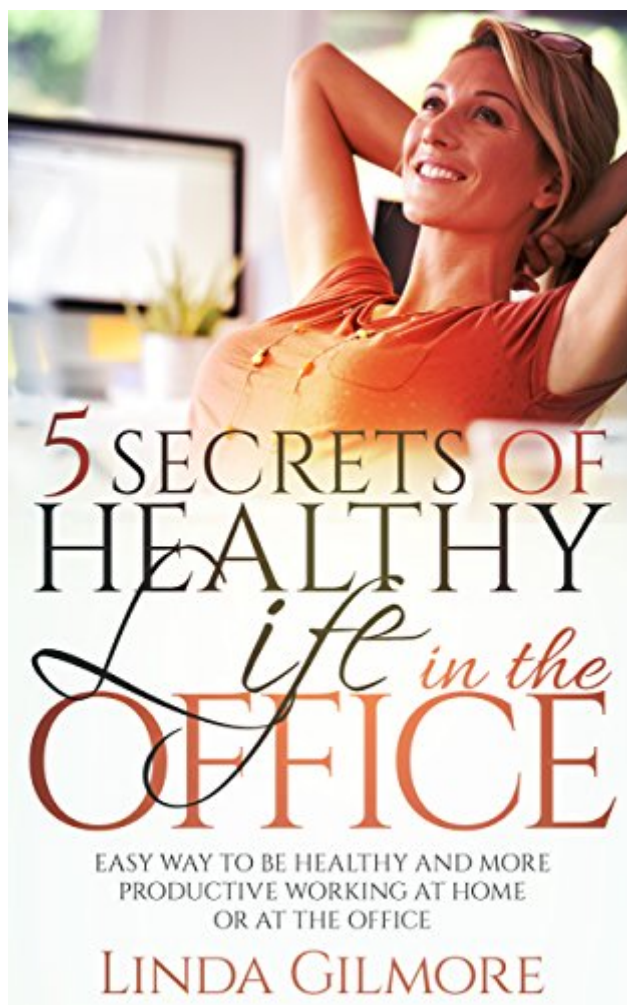


The book was found

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

File Size: 208 KB

Print Length: 59 pages

Publication Date: May 22, 2017

Sold by: Á Â Digital Services LLC

Language: English

ASIN: B071P7C3LC

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #359,175 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #64

in Á Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Work-Related

Health #122 in Á Â Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention

#484 in Á Â Kindle Store > Kindle eBooks > Business & Money > Entrepreneurship & Small

Business > Home-Based

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.

[Download to continue reading...](#)

5 SECRETS OF HEALTHY LIFE IN THE OFFICE: Easy Way to Be Healthy and More Productive Working at Home or at the Office Organize Your Life, How To Be Organized, Productive & Happier In Life, Declutter Your Home and Be Productive at Work. (How to plan your life, Get Organized Book 1) Your Office: Microsoft Office 2016 Volume 1 (Your Office for Office 2016 Series) Intermittent Fasting: The Secret Way to Lose Fat and Build Muscle While Maximizing Your Potential for Living a Longer, Healthier, and More Productive Life The Way of the Shepherd: 7 Ancient Secrets to Managing Productive People Easy European Cookbook Box Set: Easy English Cookbook, Easy Greek Cookbook, Easy French Cookbook, Easy Irish Cookbook, Easy German Cookbook, Easy Portuguese ... Portuguese Recipes, Irish Recipes 1) Sleep Smarter: Evening Habits And Sleeping Tips To Get More Energized, Productive And Healthy The Next Day Daily Routine: Amazing Morning Routine for Being More Happy, Productive and Healthy (Daily Routine, Daily Rituals, Daily Routine Makeover, Productivity Book 1) Virtual Freedom: How to Work with Virtual Staff to Buy More Time, Become More Productive, and Build Your Dream Business Unlimited Memory: How to Use Advanced Learning Strategies to Learn Faster, Remember More and be More Productive The Woodland Homestead: How to Make Your Land More Productive and Live More Self-Sufficiently in the Woods GARDENING: The Ultimate Gardening Techniques for Beginners! (2nd Edition): Gardening - Easy Tips and Tricks to Make Gardening Easier and More Productive Smarter Faster

Better: The Secrets of Being Productive in Life and Business Summary of Smarter Faster Better: The Secrets of Being Productive in Life and Business Summary of Smarter Faster Better: The Secrets of Being Productive in Life and Business: in less than 30 minutes Instant Pot Pressure Cooker Cookbook: Easy Recipes and the Ultimate Guide to Fast, Delicious, and Healthy Meals: Healthy, Easy And Delicous Meals With ... Crock Pot, Healthy, Quick & Easy, Paleo,) How to Start a Family Office: Blueprints for setting up your single family office (Family Office Club Book Series 3) Your Office: Microsoft Access 2016 Comprehensive (Your Office for Office 2016 Series) Your Office: Microsoft Excel 2016 Comprehensive (Your Office for Office 2016 Series) Beginner's Home Recording On A Budget: How to Build an Affordable Recording Studio at Home and Get Your Music Heard (Home Recording, Home Recording for ... Songwriting, Home Studio, Acoustic)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)