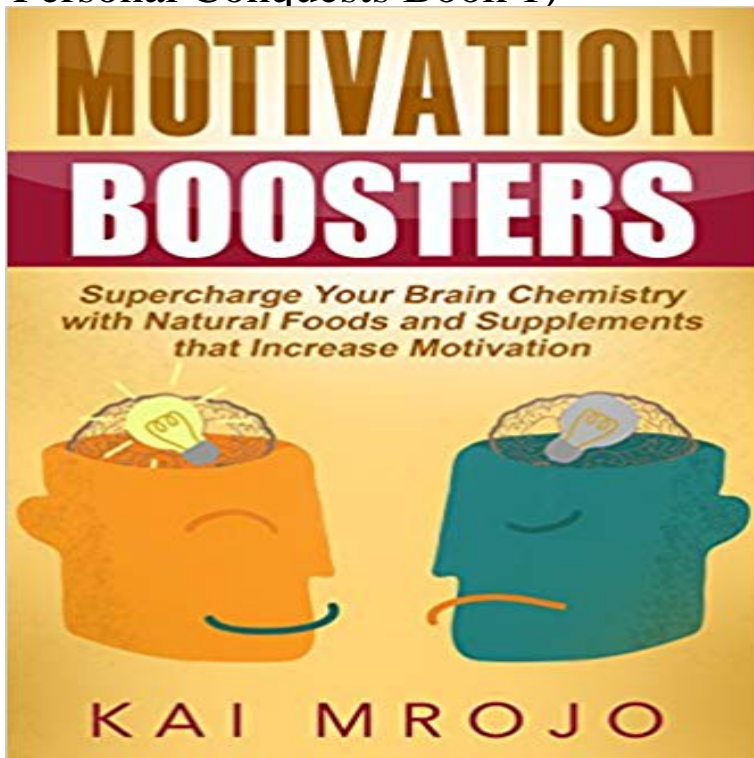


Motivation Boosters: Supercharge Your Brain Chemistry with Natural Foods and Supplements that Increase Motivation (BOOSTERS Series by Personal Conquests Book 1)



Develop Your Productivity And Performance Potential Top Selling Book in Vitamins and Supplements - NEW updates on Table of Contents and Upcoming Releases! You're about to discover how to increase your potential to obtain the biggest achievements of your life. Many people neglect their own capacity for success because of low motivation and drive, self-doubt and lack of energy. Because of this, they have difficulties in focusing their energies on developing their talents, relationships, emotional strength and minds that help in achieving their maximum potential. The truth is, low motivation, self-doubt and lack of energy can be attributed to the state of your physical and mental health. The quality of food and supplements you consume on a daily basis will shape the way your entire chemistry works in unison, and this strongly influences your chronic mood states and energy levels. Chemical disruptions and imbalances cause depression, poor cognitive function, irritability, lowered self-confidence, apathy, sluggishness, laziness and increased risk for various diseases. This book provides a starting guide and list of the supplements, food sources, and strategies that will help balance and enhance your brain chemistry for the rest of your life. Improve your low motivation and take action! Shape your life exactly how you desire and live your life to the fullest! Here Is A Preview Of What You'll Learn... An extensive list of supplements and food sources that are designed to enhance your brain chemistry. How your cognitive function, mood, motivation and energy are affected by your diet and lifestyle. The common deficiencies that lower energy and motivation. Natural alternatives to pharmaceutical drugs that could lead to addiction and chemical dependence. Science of neurotransmitters and how they enhance human performance. BONUS personal

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