



The Exhaustion Breakthrough: Unmask the Hidden Reasons You're Tired and Beat Fatigue for Good

Holly Phillips

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It's become the norm to complain that we're always tired. In *The Exhaustion Breakthrough*, Dr. Holly Phillips aims to end this accepted state of exhaustion and send a message to readers that they do not have to be drained of energy just because they have a demanding job, a family, or an active social life--or all three. She also explains the insidious nature of fatigue, educating readers on the havoc that persistent tiredness wreaks on the body and mind, from weight gain and cognitive impairment to even a higher risk of heart attack and stroke.

Dr. Holly's passion for the subject stems from the quest to cure her own constant weariness--which she struggled with for more than 20 years--as well as the countless complaints of chronic tiredness she hears from patients each day in her internal medicine practice. While a few readers might find a link between their fatigue and a medical condition such as chronic fatigue syndrome or fibromyalgia, Dr. Holly knows that many more will discover that diet, exercise, and sleep habits are contributing to their lack of energy.

This guide will help readers understand their exhaustion, rule out any underlying illnesses, correct any allergies or hormonal issues that may be contributing to extreme tiredness, and incorporate lifestyle factors and alternative therapies that will improve overall energy. Clear, comprehensive, and practical, *The Exhaustion Breakthrough* shines a bright light on an issue many people have simply accepted--but that they don't have to any longer.

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Catherine Riddle:

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