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If the answer to any of those questions is yes, Woodson Merrell's book The Source: Unleash Your Natural Energy, Power Up Your Health, and Feel 10 Years Younger probably offers the advice you need to start improving your whole life. The Source covers "the why, the how, and the food" divided into three parts - Transforming Energy, 21 Days to Optimal Energy, and Menus and Recipes - which can be read consecutively or in any order you please.

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