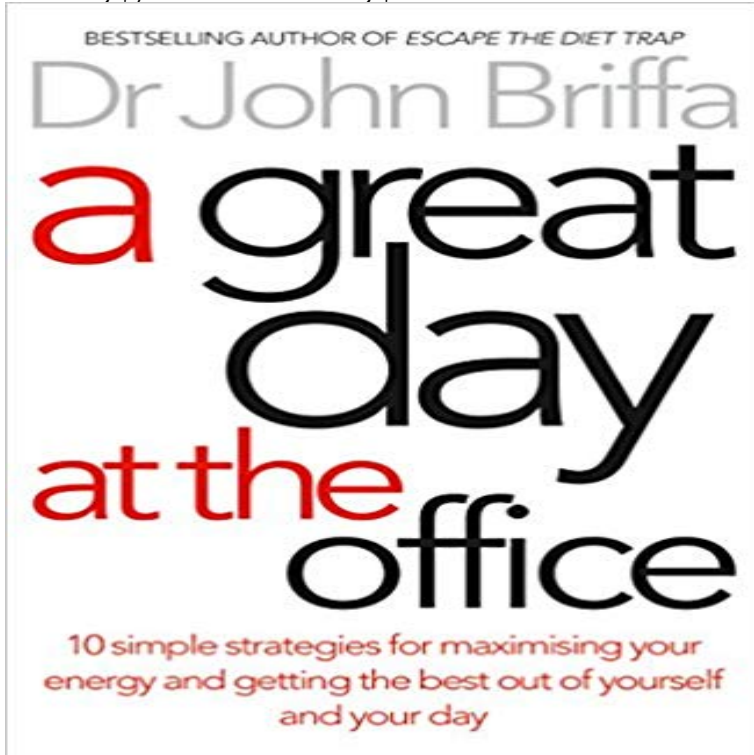


A Great Day at the Office: 10 Simple Strategies for Maximizing Your Energy and Getting the Best Out of Yourself and Your Day



Tired of a 9 to 5 that's more like an 8 to 7? A Great Day at the Office offers the solutions you need for a healthier, happier and more productive time at work and away. Do you wake up dreading work? Feel utterly drained by midday? Stay late into the evening but still feel like you've accomplished nothing? If this sounds familiar, Dr John Briffa can help! Just a few small changes to your daily routine could boost your productivity and performance, making for a healthier and happier you. Dr Briffa's *Escape the Diet Trap* revolutionized how we lose weight. Now he shows that getting ahead at work doesn't have to mean long hours, no breaks and an over-dependence on the snack machine. Based on the latest research and Dr Briffa's work with a wide range of leading businesses *A Great Day at the Office* offers a tried and tested strategy to bring out the best in you, at your job and in your life!

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