



Running on Plenty at Work: Renewal Strategies for Individuals

Krista Kurth

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Running On Plenty at Work provides a roadmap for your journey on the road to renewal at work. It gives you a steady stream of simple, innovative methods for renewing your body, mind, spirit and emotions. If you follow the trip highlights you will learn how to refuel yourself regularly and experience an abundance of creative energy, passionate performance, and a heightened sense of sense of well-being.

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