

# **ENERGISE YOU**

**Eva Malanga**

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Which is where Oliver Gray, author of new book Energise You, comes in. He aims to tackle the energy slump that hits us either in the morning.

Dubbed the 'ultimate energy plan' by those who have used it, ENERGISE YOU offers a SIMPLE yet powerful system to achieve great health, energy & happiness .

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Mr Gurmit is currently reading it Aug 27, The drought Energise You year made farmer and businessman Aaron Magembe realise that he needed an alternative method of irrigation.

FarouqTajrateditlikeditDec06, And his credentials Energise You pretty impressive – Oliver has also successfully coached thousands of senior executives and their teams, at companies including Claridge's, The White Stuff, eBay and Burberry, on how to make simple to changes to boost their health, energy, happiness and performance, both inside and Energise You work. While solar power handles the irrigation process, Magembe gets time to tend to his business of selling papaya seeds and fruits to the local and regional market. It was only when Simusolar introduced mobile technology to track payments and allow customers to pay in instalments that farmers near Mwanza began investing in solar power.

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achieve balance in all the areas of your life Quick fix  
chapter - 50 extra actions that will boost your energy NOW  
Oliver Gray is the UK's leading expert on health and energy.  
Katie rated it liked it Nov 12,