



Revive: Stop Feeling Spent and Start Living Again

Frank Lipman, M.D., with Mollie Doyle

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From the doctor whose "extraordinary practice is at the vanguard of a revolutionary way to deliver medical care" (*O, The Oprah Magazine*), an easy program to restore energy and health.

Do you feel unusually exhausted?
Do you have trouble sleeping?
Does your digestion bother you?
Do you have aching muscles and joints?
Do you feel like you are aging too quickly?
Do you feel like you're running on empty?

Fatigue, unexplained back and joint pain, distractibility, irritability, insomnia, and digestive problems leave many of us feeling spent--and there is no pill that reverses the effects. Many Americans are plagued by this new epidemic, and doctors are unable to diagnose any single cause.

But Dr. Frank Lipman knows that this profound feeling of general unwellness is *not* part of the normal aging process. In this revolutionary book, Dr. Lipman is the first to connect the dots in a constellation of symptoms, offering a proven solution to combat the pervasive syndrome he calls Spent. When someone is Spent, the body is doing everything it can to indicate that it is time to slow down, rest, detoxify, repair, replenish, and restore. Dr. Lipman has helped thousands of patients who suffer from Spent to revive their bodies--and, in most cases, feel more energized and healthier than they ever have before.

In *Spent*, Dr. Lipman first identifies the things in modern life that lead to energy depletion, such as stress, light deprivation, an erratic sleep schedule, and a diet high in sugar and processed foods. Next, he creates "Daily Beats," a series of simple actions--such as sleep, diet, exercise, nutrition, meditation, and relaxation--that readers can take to repair their stressed systems and nourish their bodies and minds.

As with Dr. Lipman's patients, anyone following his day-by-day program will feel energized, vibrant, and younger. With a nutrition plan of tasty recipes photographs of research-based exercises and stretches, and wisdom from Dr. Lipman's thirty years of medical practice, *Spent* puts readers back in touch with their bodies' natural rhythms and introduces them to a lifetime of good health.

Revive: Stop Feeling Spent and Start Living Again Details

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Author : Frank Lipman , Mollie Doyle

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From Reader Review Revive: Stop Feeling Spent and Start Living Again for online ebook

Linda Rautiainen says

Great book, great tips to adopt for everydays life

Justin says

Didn't offer much new information.

Lisa says

Wonderful, clearly-written book. If you actually do follow what's written here, you'll be amazed at how fantastic you feel.

Rosa Frei says

To attain knowledge, add things every day. To attain wisdom, remove things every day. - Lao-tzu

Are you feeling exhausted and "spent" all the time? Dr. Frank Lipman is an expert in helping people revive their life and live with new energy and vitality. His book "Revive: Stop feeling spent and start living again", is a practical guide how you can gain back the vitality that you once had. It covers easy to implement health advice on any level, like nutrition, exercise, mental training, etc. The book is interesting and offers lots of advice based on newest research. If you need some motivation and inspiration on living a more relaxed, more enjoyable live, this book is for you.

Sarah Dawidowski says

I reviewed the copy of this book with the old title 'SPENT'
I love this book so much that I bought the digital copy as well as the hard cover.
This is a great read for absolutely anyone who wants to feel healthier and happier.

Ann Bredemeier says

Very informative and easy to read. I don't want to get on this program knowing how difficult it will be but this may be my future. Not an easy change to make but recommend this for anyone in my shoes - a great

guide and resource

Lizzie Burt says

Great book, everyone should have this book if they want have longevity and feel full of energy and look good too!

Elizabeth Pyjov says

Love it and highly recommend it.

Amy says

Excellent information on how to repaid adrenal fatigue

Barbara (The Bibliophage) says

Very clear and easy-to-read book full of practical, achievable ways to increase your energy and overall wellness.

Charlene says

Reading this for my husband, since he doesn't have time. So he will have only himself to blame when I start feeding him avocado and green powder smoothies for breakfast and making him put tennis balls under his shoulders. Basically full of sound advice so far, cut out sugar and caffeine because they make you more tired after the initial short-lived boost, improve your nutrition, etc. It isn't quick-fix stuff, but it's presented in small steps anybody can take.

Casey says

many good things, some crazy, but overall good.

Lisa O'Brien says

I was drawn into all things Dr. Frank Lipman after a weekend of wellness with Frank, Kris Carr, Sharon Gannon, and Robert Thurman -- what a crew of good souls! -- at Menla Mountain Retreat in October 2012.

What I love about this book is what I appreciate so much about Frank and his approach to everything: He's realistic, reminds us how we can help our bodies heal (and thrive) naturally, and gives you manageable doses to walk you through to feeling good again.

Excellent and fun to read/use...at your own pace, and includes simple, at-home exercises, self-massage (tennis ball foot massage!), playlists, and fabulous recipes.

Lots more on his Be Well web site. I'm a proud affiliate now, and here's the link:
[http://www.bewellbydrfranklipman.com/...](http://www.bewellbydrfranklipman.com/)
