

ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

SPENT? END EXHAUSTION AND FEEL GREAT AGAIN BOOK LAUNCH AND LECTURE BY HAY HOUSE AUTHOR DR FRANK LIPMAN

Do you feel unusually tired most of the time, even after a full night's sleep?
Are you having trouble finishing anything or losing weight?
Does your mind race even when you're physically exhausted?

In his revolutionary new book Dr Lipman is the first to join the dots between this constellation of symptoms, offering a proven solution to combat this pervasive syndrome. *Spent* is the answer to the problem that millions of people face: how to step back and cope with the pressures of a non-stop life.

First Lipman identifies the things in our lives that lead to energy depletion – such as stress, light deprivation, a diet high in sugar and refined foods – he then creates 'daily beats' a series of 42 simple steps readers can follow to repair their stressed systems and nourish their bodies and minds. By following this programme you will feel more alert and energetic than you have in years!

With a nutrition plan of healthy recipes, photos of cutting edge exercises and stretches and wisdom from Dr Lipman's 30 years of medical practice *Spent* puts readers back in touch with their bodies' natural rhythms and introduces them to a lifetime of good health.

'Essential reading for anyone exhausted by modern life.' Gwyneth Paltrow

'We all look to go away to rejuvenate, but the key is how to live in chaos and find the calm. Frank Lipman's is a bible for how to heal and thrive in the midst of it all.'

- Donna Karan



Dr. Frank Lipman is the founder and director of the Eleven Eleven Wellness Center in New York City, where he practices integrative medicine, combining the best of the many alternative practices he has studied with Western medicine. Trained as a medical doctor in South Africa, he became board-certified in internal medicine after immigrating to the USA.

MONDAY 20TH APRIL, 2009 7:45PM – 9:15PM £12

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