

# Increase Vitality: Acupressure and Gentle Yoga Sessions You Can Use Anywhere



Do you wish you had more energy? Millions of people today suffer from fatigue and low energy because of weakened immune systems. With Increase Vitality, fatigue melts away and vitality is increased through effective, self-rejuvenating routines of deep breathing, self-acupressure, and gentle stretching exercises. Michael Reed Gach shows listeners how to boost their energy system in just ten minutes, and over time build resistance to emotional and environmental stresses.

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