

Hi, Allan here, and congratulations on taking action to boost your abundant energy by claiming your instant stress relief guide!

I know you're going to love the book, and get a lot of value from these bonuses.

The links to access your bonus instant stress release guide is on its way to your inbox now, and should arrive within the next 10-15 minutes.

As you know, there are only so many things that can be included in a book. And many things are much easier to show than read.

So I want to introduce you one of the easiest ways to get the most of out this book.

While you're here, I want to ask you something. Have you ever experienced back pain, tight neck and shoulders and headaches from work-related stress?

Don't be surprised that you had said "yes or raised your hand" to any of the above.

When I taught at Yahoo, eBay, Amazon, HP and at Tony Robbins live events, I ask my students "Who here ever experienced back pain." On average, about 40% of the people in the room raised their hands.

I know how back pain can cause excruciating pain because I've been there and done that. I can vividly remember how bad it was where it took me 20 minutes to roll out of bed because if I shifted my body just 1 millimeter, I would be in completely agony.

I put together this back pain, neck and shoulder and headache relief videos for you to help you alleviate your pain and to help take your wellbeing to the next level even quicker.

It's called Instant Energy Method Stress Relief Tune Up Kit!

The purpose of Instant Energy Method Stress Relief Tune Up Kit is to give you simple, practical exercises that you can use everyday to help you manage your work-related stress and feel better.

You can do the wellness exercises with me at your office in front of your laptop wearing business clothes. OR You can also do the exercises while you are on business travel by watching the videos on your iPhone.

Have you ever been on those 5+ hours flights where you sit in the really bad ergonomic seats with no lumbar support that wreak havoc on our body? Now you can tune up your body before the flight at the airport while you're sitting at the airport lounge. Once you get to your hotel room, you can do the stress relief exercises with me to de-stress your day so that you start fresh the next day at your business meeting.

I put all of the videos online for you so you have access to them anytime and anywhere and even do the exercises on the airplane as long as you have Wi-Fi Internet connection.

With that in mind, here's what Instant Energy Method Stress Relief Tune Up Kit includes:

You'll get
The Back pain relief video
The Neck and Shoulder pain relief video and the
The Stress and headache relief video

The value of Instant Energy Method Tune Up Kit is \$97, however, because you've purchased my book, I'd like to offer you a special one-time discount on this page only.

Right now, you can save a full 75% and get Instant Energy Method Tune Up Kit for only \$24.97. If you want to heal your back pain, relief your stress and headache and tight neck and shoulders then you're in the right place.

Oh by the way, do you have a hard time sleeping at night? You know this is where you're tossing and turning and you're probably still thinking about work even if your eyes closed? And next day you wake up feeling all groggy and maybe walking around like a zombie before you get your cup of quadruple espresso?

I'll going to include an insomnia relief audio guide that can help you sleep better at night. All you need to do is lie on a bed, put on your headset, press play on your iPhone and listen to my audio guide to instantly unwind your day. I know this is so hard to do right?

I'll also include my instant wellness guided meditations to help you feel even happier in life. You'll learn how to generate your own happiness energy, love energy and unstoppable energy.

Read the book, use the bonuses get the Tune Up Kit, and you'll be on your way to a healthier and happier life.

Click the button below to add The Instant Energy Method Tune Up Kit to your cart, and thanks again for being a part of my health community and taking control of your Life!

Here is a motto that I go by. The sun doesn't go look for energy, it generates it's own energy and you can do that for your life as well.

This is Allan and I'll see you on the other side!