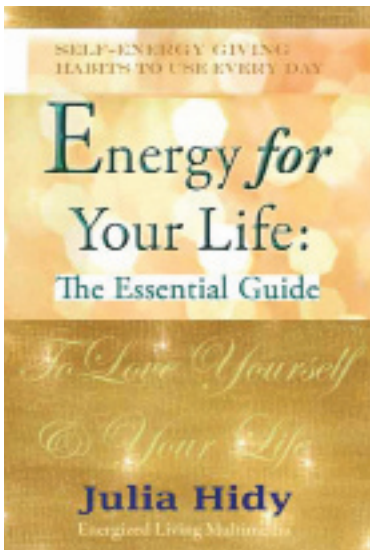


HELP YOUR AUDIENCE GET MORE ENERGY FOR THEIR LIVES EVERY DAY



Energized Living Multimedia, Fall 2010



JULIA HIDY

Americans ARE HAVING a personal energy crisis. They NEED more personal energy they can use on demand daily since:

- 40% to 80% of people say they are OFTEN tired.
- 50% of people surveyed regularly don't SLEEP well.
- 25% of adults are now clinically EXHAUSTED.
- One quarter of women said they went on a diet last year to improve their energy levels.
- personal energy shortages HAVE cost businesses in the U.S. \$135 billion in lost work, fatalities AND LAW SUITS in 2007 ALONE.
- TIREDNESS, OR lack of energy, IS one of the top FIVE complaints doctors HEAR nationwide EVERY YEAR.

Julia Hidy has helped burnt out C.E.O.'s, their employees, homemakers, and many others find, keep and use their energy better. She's given them actual steps and proven techniques to use daily to moderate and improve their energy levels versus simply suggesting that they, 'be more positive.'

In the early 1990's, Julia was told by three M.D.'s that she'd never recover from severe Chronic Fatigue Syndrome – ever. She not only regained her health, but became a world leading expert in human energy dynamics.

Julia's research found that chronically tired people use emotional habits and thinking patterns that are very different from their energized counterparts. In *Energy for Your Life: The Essential Guide* (Fall 2010), she unveils the personal energy secrets of leading-edge thinkers, spiritual masters, highly successful people, and a few of the billionaires she's worked with so that anyone can gain access high quality personal energy on demand. She's helped thousands develop a more positive outlook, improve their health, re-store their self worth and live the lives that they had hoped they could live.

Julia Hidy's techniques are easy to do, practical, often humorous, and are easy to recall. A few of the topics she covers include:

- Human energy 101: how our bodies really use the energy we receive.
- Re-energizing tips with questionnaires, exercises and techniques that can be done anywhere at any time by almost anyone.
- What it takes to tame negative mental self-talk to thrive not just survive.
- What self-energy-giving emotional habits and patterns do we ALL have.
- Tasty recipes and demos using foods that are energizing and healing.
- What it really takes to heal personally, as a family, and as a nation.

Julia Hidy's will also launch EnergyforYourLife.com/blog/ and FoodsforYourLife.com's blogs in Summer 2010.