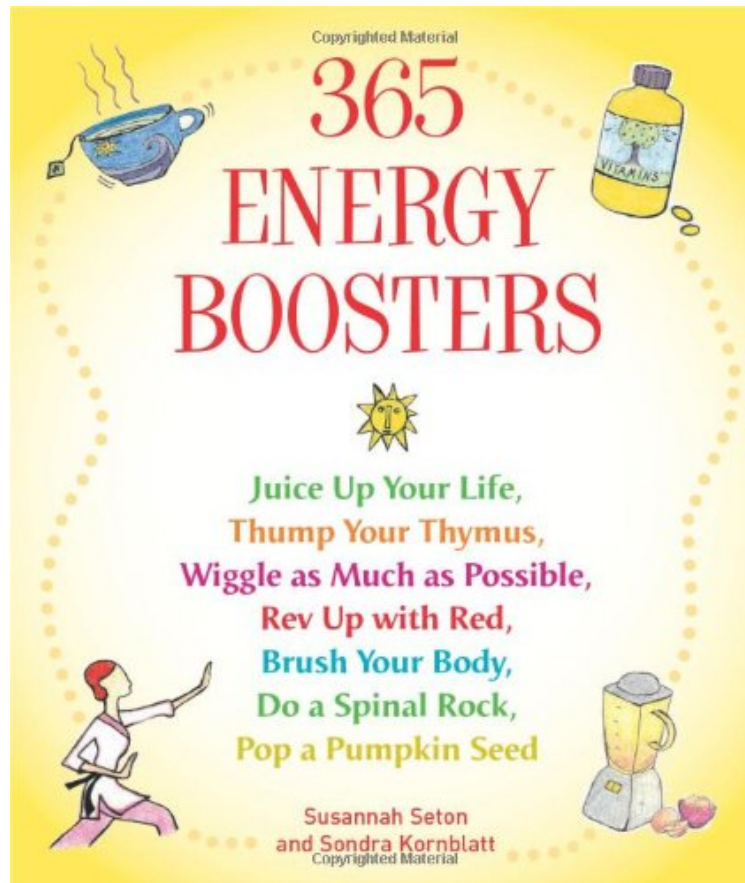


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Are you S.A.D.? (Suffering from Seasonal Affective Disorder.) Are you one of the listless denizens sleepwalking your way through the day? Are you tired of being tired? Life demands more energy every day as we heap enough tasks on our "to do" lists to fill every waking hour and put untold amounts of pressure on ourselves to perform, to keep a spotless home, and to have the perfect relationship, the most well-behaved kids, and the best job. The constant need to be productive is wearing us out, physically and emotionally. In *365 Energy Boosters*, Susannah Seton and Sondra Kornblatt provide us with a daily guide for putting an end to the madness, embracing a new and improved life experience, and getting a big dose of energy to boot. You'll find energizing one-minute exercises and foods for a quick pick-me-up and learn ways to track your natural energy cycles, get organized, sleep better, and wake yourself up whenever your energy takes a nosedive.

From the Inside FlapSome of the most touching stories remind us that we don't have to have a big yard or a lot of money to have a garden.About the AuthorSusannah Seton is the author of *Simple Pleasures of the Home*, *Simple Pleasures of the Garden*, *Simple Pleasures for the Holidays*, and co-author of *Simple Pleasures: Soothing Suggestions and Small Comforts for Living Well Year-Round*. She lives in Berkeley, California, with her husband and daughter.Sondra Kornblatt is a health and science writer and the author of *A Better Brain at Any Age* and co-author of *365 Energy Boosters*. She developed the *Restful Insomnia* program in 2000 and has been teaching it in the Pacific Northwest since. She lives in the Seattle area with her two children.