



# Optimize Your Day!

*Practical Wisdom  
for Optimal Living*



*Roberta Shaler, PhD*

# Optimize Your Day Practical Wisdom For Optimal Living

## Paperback

**Rhoberta Shaler, PhD**

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including guidelines for choosing proper foods Section two focuses on the daily training diet and helps athletes create meal plans for their own particular needs A final section addresses detailed nutrition guidelines specific to each sport     *Small Farm Today* ,2002     The New York Times Book Review ,1985 Presents extended reviews of noteworthy books short reviews essays and articles on topics and trends in publishing literature culture and the arts Includes lists of best sellers hardcover and paperback     The Publishers Weekly ,2008     Total Quality Transformations Marlene Caroselli,Philip B. Crosby,1991

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