

# Tired All The Time: How To Regain Your Lost Energy

By Ronald L. Hoffman



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Tired All the Time: How to Regain Your Lost Energy.  
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Feeling exhausted is so common that it has its own acronym, TATT, which stands for "tired all the time".

<http://www.nhs.uk/Livewell/tiredness-and-fatigue/Pages/why-am-I-tired.aspx>

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You re not consuming enough iron. An iron deficiency can leave you feeling sluggish, irritable, weak, and unable to focus. It makes you tired because less oxygen

<http://time.com/2828800/bad-habits-drain-energy/>

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Tired of Being Tired? author of Tired All the Time: How to Regain Your Lost Energy There are nutritional components to fatigue, says Hoffman,

<http://www.vibrantlife.com/?p=140>

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Oct 24, 2013 You can't (always) blame sleep deprivation. If you spend your days in a fog, one of these surprising culprits may be the cause. <http://www.foxnews.com/health/2013/10/25/7-weird-reasons-youre-tired-all-time/>

If you feel tired all the time, don't blow it off. Excess exhaustion could be the sign of a more serious medical condition that can be treated. <http://www.prevention.com/health/sleep-energy/why-you-are-always-tired>

M.D. Tired All The Time.How to Regain Your Lost Energy.First Printing , 1993 Hoffman, Ronald, M.D. Tired All The Time.How to Regain Your Lost Energy <http://www.zoominfo.com/p/Ronald-Alan/5130036>

Recent research suggests that diets high in fat can lead to daytime sleepiness and less alertness, so a more balanced diet is highly recommended. <http://lifehacker.com/why-am-i-so-tired-all-the-time-even-when-i-get-enough-s-513134992>

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<http://www.hoffmancenter.com/page.cfm/90>

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Do you feel tired all the time? Lots of people do. It's a sign of our overbooked times. Getting your energy back could be simpler than you think. Start by seeing if  
<http://www.webmd.com/women/guide/why-so-tired-10-causes-fatigue>

a Social Movement by Ronald Hoffman Transforming Hand of Revolution: Reconsidering the American Tired All the Time: How to Regain Your Lost  
<http://www.alibris.com/The-Transforming-Hand-of-Revolution-Reconsidering-the-American-Revolution-as-a-Social-Movement/book/6784544>

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