



# The Exhaustion Breakthrough: Unmask the Hidden Reasons You're Tired and Beat Fatigue for Good

By Holly Phillips

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## The Exhaustion Breakthrough: Unmask the Hidden Reasons You're Tired and Beat Fatigue for Good By Holly Phillips

It's become the norm to complain that we're always tired. In *The Exhaustion Breakthrough*, Dr. Holly Phillips aims to end this accepted state of exhaustion and send a message to readers that they do not have to be drained of energy just because they have a demanding job, a family, or an active social life--or all three. She also explains the insidious nature of fatigue, educating readers on the havoc that persistent tiredness wreaks on the body and mind, from weight gain and cognitive impairment to even a higher risk of heart attack and stroke.

Dr. Holly's passion for the subject stems from the quest to cure her own constant weariness--which she struggled with for more than 20 years--as well as the countless complaints of chronic tiredness she hears from patients each day in her internal medicine practice. While a few readers might find a link between their fatigue and a medical condition such as chronic fatigue syndrome or fibromyalgia, Dr. Holly knows that many more will discover that diet, exercise, and sleep habits are contributing to their lack of energy.

This guide will help readers understand their exhaustion, rule out any underlying illnesses, correct any allergies or hormonal issues that may be contributing to extreme tiredness, and incorporate lifestyle factors and alternative therapies that will improve overall energy. Clear, comprehensive, and practical, *The Exhaustion Breakthrough* shines a bright light on an issue many people have simply accepted--but that they don't have to any longer.

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### Editorial Review

#### Review

“If you are tired of being tired, Dr. Holly Phillips has written the next book you should read. Her comprehensive review is easy-to-read and full of practical advice.” ?Jon LaPook, MD, Chief Medical Correspondent, CBS News

“Jam-packed with powerful tips, influential information and a vast array of important medical advice, *The Exhaustion Breakthrough* is a must-read for all women as they rise to success. Holly Phillips is my actual doctor, and she has written the most comprehensive book that addresses how to handle, overcome, and beat exhaustion to reclaim energy and take control of our lives.” ?Star Jones, PDN/NAPW President

“Chronic exhaustion is a problem that plagues millions, yet many doctors feel powerless to solve it. Dr. Holly Phillips' groundbreaking new book will help you to uncover the many potential causes of your exhaustion that may be hiding in plain sight. Then she'll guide you through simple steps that can help you to regain the vitality that all of us deserve.” ?William A. Copen, MD, Harvard Medical School, Massachusetts General Hospital

“Women are so used to spending their days in a state of fatigue that they often see it as the norm, the way it has to be. In this terrifically insightful book, Dr. Holly Phillips helps us see that we don't have to run on empty. Her sage advice and practical strategies will enable you to break the tired cycle, regain the vitality you deserve, and reclaim the life you want.” ?Kate White, author of *I Shouldn't Be Telling You This: Success Secrets Every Gutsy Girl Should Know* and former editor-in-chief of *Cosmopolitan*

“Finally! Real life advice on how to fight fatigue from one of America's most trusted doctors. This is a must-read for anyone battling exhaustion and striving to have more energy.” ?Norah O'Donnell, co-host of *CBS This Morning*

“Are you tired of saying 'I'm so tired' all of the time? Here is some help from Dr. Holly Phillips who has the solution for you! Say good bye to feeling wiped out and start thriving with this straight shooting advice and easy-to-follow plan from a doctor I know and trust.” ?Erica Reid, author of *The Thriving Child*

“Bravo! *The Exhaustion Breakthrough*, is the comprehensive, indispensable guide every woman needs to reclaim her energy and health. Dr. Holly Phillips offers accessible medical explanations and sage guidance through the pinpointing the factors that drain us, and the empowerment to repair them. At once long overdue and just in the nick of time, *The Exhaustion Breakthrough*, should be on every wiped-out woman's nightstand.” ?Paula Froelich, Editor in Chief, *Yahoo! Travel*, and author of *Mercury in Retrograde*

#### About the Author

Holly Phillips, MD, is a board-certified general internist with a private practice in Manhattan. She has gained nationwide recognition as the medical contributor to CBS News, and she is featured regularly on *CBS This Morning*, *CBS Evening News*, and *48 Hours*. She has also appeared on *The Dr. Oz Show*, *The Doctors*, and other programs, and her medical advice has been featured in *Vogue*, *Cosmopolitan*, *O The Oprah Magazine*, *Town and Country*, and elsewhere. She lives in New York, NY.

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#### **Ruth Coleman:**

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