



# Getting UP!: Supercharging Your Energy

*Greg Conderacci*

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## **Getting UP!: Supercharging Your Energy** Greg Conderacci

Want More Energy? What would you do with more energy? Getting UP! will help you generate extra energy to:

- Accomplish more in less time.
- Reduce stress.
- Balance your career and lifestyle.

This book is about getting UP! -- the energy to be ready, willing and able to live the successful life you want. Like the thousands who have taken Greg Conderacci's energy seminars, you'll learn why:

- Managing your energy, not your time, is the way to go;
- Getting more energy isn't about what you drink...it's about what you think;
- Driving a stake through the hearts of the vampires sucking your life away might help;
- Supercharging your energy is easier and more fun than you think.

Greg Conderacci is a marketing consultant and a former Wall Street Journal reporter, non-profit entrepreneur, and investment bank chief marketing officer. In Getting UP!, he brings you the same skills he teaches at a top graduate school and Fortune 500 companies. Lots of people promise better performance...Greg proves it. Using his energy techniques, in 2015 he rode a bicycle across America in just 18 days -- averaging 150 miles a day. What could you do with that kind of energy?

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