

TORONTO, ON, September 23, 2013 **/24-7PressRelease/** -- Inspired by a blessing of receiving a second chance in life, and culminating five years of an intense personal and professional development journey, the author Kamil Kowalski is proud to announce his new book: "Get Things Done AND Feel Great - 115 Holistic Ways to Increase Productivity and Boost Your Energy."

The strategic and intelligent approach of the book will first help readers alleviate stress, procrastination and exhaustion, and then boost their energy, creativity and productivity. This will put the individuals in a better position to solve problems and assist them in getting what they want and deserve. In turn, this shift will create more time for the things that matter most in their lives, and hopefully make the world a little better and happier.

During the special promotional launch week of September 23 - 29, 2013, the book is available at half price in Kindle format through Amazon. The direct links are: www.PracticalWellness.ca/115ways in US and www.PracticalWellness.ca/115ways-ca in Canada. For those without a Kindle device, Amazon's Free Reading App is available for PC, Mac, Tablet or Smartphone.

The book features a fine-tuned balance of practical time management strategies, everyday positive psychology, and New Age spiritual methodologies. They jointly illuminate the path for ultimate physiology of high performance and the mindset to boost energy. The book also provides a series of powerful yet simple actions to increase levels of engagement and fulfilment in all areas of people's lives.

The strategies are based on the author's major transformation of health, fitness and nutrition; a thorough makeover of all relationships including personal, family, business, and with himself; a serene experience of deep inner peace of mind and all-embracing New Age spirituality; and an intensive MBA-level education that enhanced his business and investing skills. The journey itself has been supported by a profound expertise of numerous personal development books and high-profile experts.

For more information about the new book and the accompanying 5-star customer reviews, please visit: www.LifestyleManagementExperts.com/get-things-done-and-feel-great/

About Kamil Kowalski

Kamil Kowalski is an author, speaker, certified life coach, and the founder of Lifestyle Management Experts and Practical Wellness Guide. Currently living in Toronto, Canada, he inspires and empowers thousands of people to take direct action steps to enjoy better, happier and more fulfilling lives. Kamil Kowalski advocates positive contribution and change in the world, and even has had the privilege to be interviewed on the Oprah Winfrey Network in July 2012.

For contact or other information about Kamil Kowalski, please call 1.877.357.9779 extension 3, email info [at] practicalwellness [dot] ca, or visit www.LifestyleManagementExperts.com