

WHERE DOES YOUR ENERGY GO?

Each day your child uses energy in 4 major areas. When people use too much energy, they get into reserves, which has consequences.

1 Mental Energy

2 Physical Energy

3 Emotional Energy

4 Social Energy



Let's say we have 100 points of energy to split between these four areas. What happens if you go over? You'll be tired and emotionally dysregulated.



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Where Does Your Energy Go

Xiang Xie



Where Does Your Energy Go:

Decoding **Where Does Your Energy Go**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Where Does Your Energy Go**," a mesmerizing literary creation penned by a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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