



# **The 100% You Formula: How to Achieve More Energy, Vitality, and Focus by Clearing Hidden Blocks to Your Unlimited Success with Quantum Energy**

*Julie Renee Doering*

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# The 100% You Formula: How to Achieve More Energy, Vitality, and Focus by Clearing Hidden Blocks to Your Unlimited Success with Quantum Energy

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Julie Renee mentors powerful, ambitious leaders who refuse to play small but are being taken out of their game by exhaustion and “fuzzy brain”. She helps them regenerate the brain, clear blocks and become fully fueled so they can get back to their mission and play full out

“This feels like it was written for me! Like so many other people, I had reached a certain level of success in my career. But I found myself exhausted and rundown, with never enough ‘me’ time to recharge. I accepted that as how it had to be until I read this amazing book. It taught me how to clear my blocks so I can work smarter, not harder. I have regained my clarity and power and feel ready to relaunch at my true 100 percent. Thank you, Julie Renee!”

—Barbara Niven, actress, media trainer, speaker, and bestselling author

“Julie Renee provides a keen perspective on the inner workings of the spirit and body connection and how these inner workings direct and affect each one of us. Her work is for anyone who wants more out of life.”

—James Malinchak, founder of Big Money Speaker, featured on ABC’s *Secret Millionaire*

“It’s rare to meet someone so gifted and clear about who they are and what they are here to do on the planet. She’s bringing a unique body of work to the world that is an important contribution to humanity.”

—Marcie Shimoff, author of four New York Times bestselling books; featured in the film *The Secret*

“Want to live the full, luscious life you deserve? Julie Renee Doering offers a clear and delightfully comprehensive road map in her latest masterpiece. Get ready for your ah-ha moments on a journey to joy. Julie Renee skillfully raises our consciousness and rekindles our hope for a life of total health and happiness. For powerful, ambitious women ready to play it big, this book will show you how to energetically give 100 percent and produce a you that shouts your true value to the world!”

—Sharon Frame, former CNN anchor, author, and your “Focus and Follow-Through” coach

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