

Episode 5

Energy which is dynamic , keeps shifting and finds an echo in our ever changing moods and tones, methods and manners. By now, we have learnt of many tools and techniques to refresh and recharge our vitality.

Is there a Forever- Fit -for- All formula that can keep our energies and positivity always strong and soaring ?

Let's find our panacea.

Website

<https://sumedhakataria.in/podcast/episode-5/>

Google Podcast

<https://podcasts.google.com/feed/aHR0cHM6Ly9zdW1lZGhha2F0YXJpYS5pbj9mZWVkl3BvZGNhc3Q>

Youtube

<https://youtu.be/Qgzq7iwsHK4>