



# **RETOX: Yoga\*Food\*Attitude Healthy Solutions for Real Life**

*Lauren Imparato*

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**RETOX: Yoga\*Food\*Attitude Healthy Solutions for Real Life** Lauren Imparato

**Practical health and wellness strategies from Lauren Imparato, creator of the I.AM.YOU. lifestyle brand and yoga studio**

Rest to rage. Meditate to work. Cleanse to get dirty.

Enough preaching about self-deprivation. No more striving for bodily purity. Who has the patience—or the time!—for strict dietary restrictions and hours of meditation? Let's get real. These tactics just don't work—at least not for long. But that doesn't mean health and happiness are unobtainable.

Most often you just need an anxiety buster you can do while running down the street. Or a yoga pose you can do at your desk. Or a way to debloat what feels like an alien baby in your abdomen. *Retox* isn't about changing who you are or denying life's pleasures. It's about tailoring sensible, scientifically-based health practices to the life you already live. It's about working hard, playing harder, and renewing your balance and energy so you can do it all again.

In *Retox*, health expert Lauren Imparato strips yoga down to its anatomical principles, offering practical tips for fast relief. Then, drawing from a variety of disciplines—from psychology to nutrition to Tibetan philosophy—she designs no-nonsense strategies and delicious recipes to combat the most common challenges of modern life:

- Stress and anxiety
- Low energy
- Back pain and headaches
- Hangovers
- PMS
- Sleep Deprivation
- And much more...

*From the Trade Paperback edition.*



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#### **Tracy Caudle:**

Spent a free time and energy to be fun activity to try and do! A lot of people spent their spare time with their family, or all their friends. Usually they undertaking activity like watching television, likely to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? Can be reading a book is usually option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of book that you should read. If you want to try look for book, may be the e-book untitled RETOX: Yoga\*Food\*Attitude Healthy Solutions for Real Life can be good book to read. May be it can be best activity to you.

#### **Tracy Zapata:**

People live in this new day of lifestyle always make an effort to and must have the time or they will get lot of stress from both everyday life and work. So , whenever we ask do people have time, we will say absolutely yes. People is human not really a huge robot. Then we question again, what kind of activity do you possess when the spare time coming to an individual of course your answer may unlimited right. Then ever try this one, reading guides. It can be your alternative inside spending your spare time, the book you have read is RETOX: Yoga\*Food\*Attitude Healthy Solutions for Real Life.

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