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Meditate Your Weight: A 21-Day Retreat to Optimize Your Metabolism and Feel Great (Hardback)

By Tiffany Cruikshank

Random House USA Inc, United States, 2016. Hardback. Book Condition: New. 178 x 127 mm. Language: English . Brand New Book. THE MIND MAKEOVER THAT MAKES OVER YOUR METABOLISM Hundreds of medical studies have shown the spectacular health benefits of meditation. Now Tiffany Cruikshank, founder of Yoga Medicine, puts that scientific research to good, practical use by incorporating easy-to-use, targeted meditations into a unique weight-loss program. This 21-day plan optimizes health as well as body image by tapping the hidden strength of the mind. We learn a whole new way to lose weight; and it takes just a few relaxing and energizing minutes a day. Learn: How to get started: advice for new meditators (no weird positions or chants required) 3, 5, 7, and 10 minute meditations that bust cravings, break self-defeating habits, stress-proof the body, and reboot the brain What to eat and the top 5 foods to consider avoiding How to continue your success after your 21-day retreat Bonus: 10 stress-relieving, cardio-revving yoga exercises to complement the plan Each day of the plan in Meditate Your Weight helps you explore and release what's weighing you down physically, emotionally, and mentally the mental blocks, thoughts, habits, and behaviors...



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