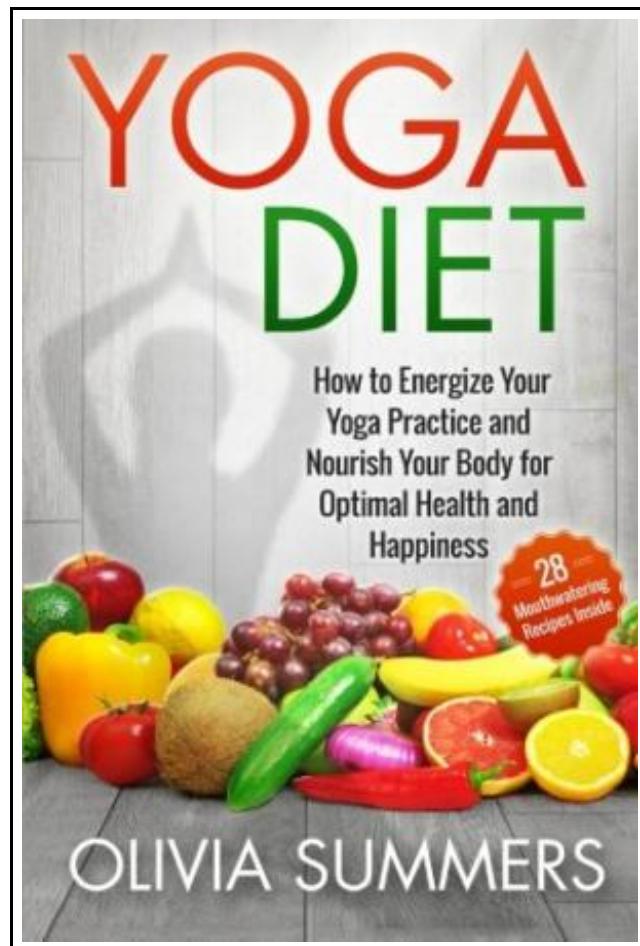


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Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.The Yoga Diet Is All You Need To Completely Transform Your Mind, Body And Spirit In As Little As 4 Weeks! My name is Olivia Summers and I m a Certified Yoga Teacher and I ve developed a personalized eating plan specifically for yogis. So, if you re tired of following the advice of so-called diet experts only to lose 15 lbs. and then gain back 30--then you re going to love The Yoga Diet book. Now, you might be thinking to yourself, Why should I listen to her? Well, I didn t always have a naturally slim and sexy body. In fact, before I discovered yoga and the traditional yogic way of eating for my health, I used to be more than 50 pounds overweight! So believe me when I say I know where you re coming from. Getting control of your eating habits is hard, but there s no need to complicate it with stressful diets and complicated workout routines. All You Need To Change Your Eating Habits And Live A Healthy Lifestyle Is Within These Pages! The good news is, it s not rocket science! I break down the traditional yogic diet and put a modern spin on it to make fueling your body for a healthy yoga practice and an even healthier life--simple! The Yoga Diet will teach you everything you need to know in order to drop the unwanted weight, trim excess inches and feel years younger! Here s A Sneak Peek Of What You ll Learn. The benefits of a healthy well-rounded yoga lifestylePatanjali s 8 Limbed Path--and how it can help you eat betterWhat the traditional Sattvic Diet is and why...

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