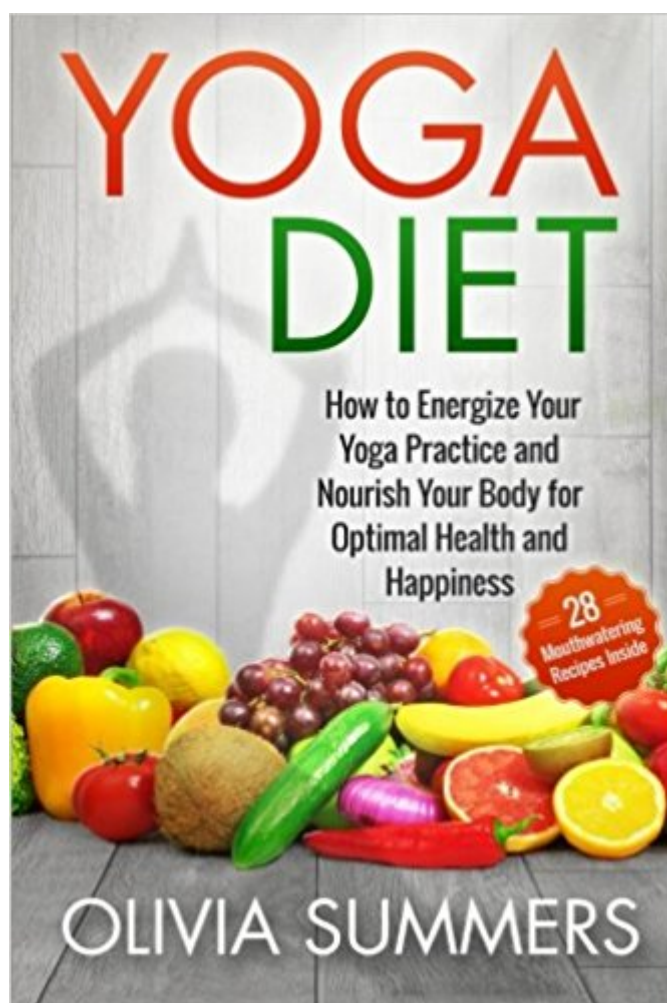


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# Yoga Diet: How To Energize Your Yoga Practice And Nourish Your Body For Optimal Health And Happiness



## Synopsis

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 lifestyle Patanjali's 8 Limbed Path--and how it can help you eat better What the traditional Sattvic Diet is and why it's still relevant today The 3 Gunas and why they're so important to our health Healthy Yogi Foods Cheat Sheet Why dairy is a beneficial part of a vegetarian diet Discover your mind-body type--and how to eat for it 28 Amazingly Scrumptious & Healthy Recipes to get you started 3 Week Meal Plan to boost weight loss and promote better eating habits Why the Yoga Diet isn't just about food--the hidden dangers of your home Plus, so much more! So if you're ready to connect your mind, body and spirit through the Yoga Diet and feel the best you ever have, then what are you waiting for? ==> Scroll up and click add to cart to get your copy now. tags: yoga, whole 30 recipes, yoga for beginners, yoga diet, yoga for weight loss, clean eating, whole 30 diet

## Book Information

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## Customer Reviews

Olivia Summers is a certified yoga instructor with more than 15 years under her belt and a self-described "art aficionado." She considers yoga her life calling and enjoys teaching her craft one-on-one in her home studio. It's one of the most fulfilling and rewarding parts of her life and she feels fortunate that she gets to share her passion with all of her students and readers. She's experienced first hand the profound growth yoga brings to its practitioners--not just physically but also mentally and spiritually. Especially when combined with the tranquil art of Zendoodle--her favorite form of drawing. She enjoys seeing the improvements in people's lives through yoga and meditative art forms. Improvements such as being more mindful, having more energy and living happier, more authentic lives. It's experiencing these amazing life changes that keeps her motivated to continue teaching and writing on the topics of yoga, Zendoodle, and mind-body health. Her true purpose in life is to give others the same opportunities to experience amazing life changes that she has had through practicing yoga and living a healthier lifestyle. Olivia's hope is that her words help inspire others to be the best versions of themselves. She currently resides in the foothills of the Smokeys. When she isn't writing or teaching yoga she enjoys hiking, drawing and experimenting in the kitchen.

This book is well researched and very informative. The recipes were very helpful as well. Great job! I'm going to try a few

Gave to employees of Wellness program as a gift. They liked it!

Excellent short book with good recipes.

I enjoyed the simplicity and freedom that it gives to actually choose your path and the clear nutritional info and outline that can create your new habit or lifestyle

Good read.

This book was interesting but not exactly what I was looking for. It did help me understand more about yogic life.

well done Olivia Summers! you really covered it nicely. you write clearly and i can easily follow your ideas. i will surely try some of the recipes.

Pretty basic stuff here

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