



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

By Lauren Imparato

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RETOX: Yoga*Food*Attitude Healthy Solutions for Real Life By 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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RETOX: Yoga*Food*Attitude Healthy Solutions for Real Life By Lauren Imperato Bibliography

- Sales Rank: #411585 in eBooks
- Published on: 2016-02-02
- Released on: 2016-02-02
- Format: Kindle eBook

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Editorial Review

Review

"If you are in pursuit of happiness and health, you will find a fresh take with *Retox* -- a perfect blend of yoga food and attitude!" --Jason Wachob, founder and CEO of mindbodygreen

"Finally a book with tools for everyday life that are easy to follow and understand." --Eve, Grammy Award-winning recording artist and actress

"*Retox* brings the sexy to mindful living. Lauren provides us with realistic ways to show up as the best version of ourselves and to fully enjoy this beautiful life we have been given." --Michael Franti, musician

"With a deep understanding of anatomy and physiology, in *Retox*, Lauren writes a fun and entertaining book that shows both students and instructors ways to maximize the value of yoga." --Francis X. Mendoza, MD

"An important work that will appeal to and help so many. *Retox* is going to change the health of so many confused souls and show them a way to feel good every day." --Joel Kahn MD, Professor of Medicine, Wayne State University School of Medicine, author of *The Whole Heart Solution* and *Dead Execs Don't Get Bonuses*

"*Retox* provides actionable steps towards a healthy life and, most importantly, balance. This book will help you discover the "new you" you've been waiting to meet, free of deprivation and negative self-talk." --Joshua Rosenthal, Founder & Director of The Institute for Integrative Nutrition

"*Retox* helps you eat your way to creating your strongest, healthiest you." --Terry Wahls, MD, author *The Wahls Protocol: A Radical New Way to Treat All Chronic Autoimmune Conditions*

"*Retox* is about living healthy and empowered in a world full of doubt and toxicity. This book will move you to practice, to receive the wisdom of your simplest acts of wellness, and give you healthy habits that are both accessible and joyful. If you're seeking full self-acceptance and comprehensive nourishment, I dare you to *Retox*!" --Elena Brower, Meditation and Yoga Teacher, Author of *Art of Attention*

"*Retox* is such a fresh take on living. Lauren invites us to live intuitively, a deserved freedom for all of us, especially in a time when there's so much restriction around food and body image." --Emily Nolan, Founder, My Kind of Life

"I love *Retox*. Flat out funny yet meticulously centered on healthy and achievable, everyday, good recipes and tips. Cuts through the *#@! and gets you eating what you need to be, without the pressure, guilt, or added expense but with all the enjoyment. It illustrates the important balance of leading a healthy life without forgoing the important pleasures in life." --Chef Seamus Mullen

"Yoga for the modern life! You need to delve deep into Lauren's book. Her insights and information are both illuminating and highly entertaining." --Mick Rock

"In *Retox*, Lauren tells it like it is and actually makes you want to eat what's good for you. She keeps the fun in food." --Chef Michael White, Altamarea Group

"Lauren vibrates with energy and love; she encapsulates physical and mental well-being. *Retox* is all about this energy. Very inspiring and very practical...[Lauren's] brand is one of the most authentic ones in the wellness space." --Bernard Mariette, CEO, Lole

About the Author

Lauren Imparato, a certified yoga instructor and a nutritional coach, started the I.AM.YOU yoga studio in 2009 after leaving her job at Morgan Stanley. She specializes in realistic wellness solutions for busy people and has been profiled by Vogue, Bloomberg, CNN, the New York Times, the Wall Street Journal, New York Magazine, the Financial Times, and other media outlets.

Users Review

From reader reviews:

Judy Turner:

Information is provisions for folks to get better life, information these days can get by anyone with everywhere. The information can be a knowledge or any news even a problem. What people must be consider when those information which is inside the former life are difficult to be find than now is taking seriously which one works to believe or which one the particular resource are convinced. If you have the unstable resource then you buy it as your main information there will be huge disadvantage for you. All of those possibilities will not happen inside you if you take RETOX: Yoga*Food*Attitude Healthy Solutions for Real Life as the daily resource information.

Gerald Patton:

A lot of people always spent their particular free time to vacation or maybe go to the outside with them family members or their friend. Are you aware? Many a lot of people spent these people free time just watching TV, or perhaps playing video games all day long. If you would like try to find a new activity here is look different you can read any book. It is really fun in your case. If you enjoy the book you read you can spent 24 hours a day to reading a publication. The book RETOX: Yoga*Food*Attitude Healthy Solutions for Real Life it is very good to read. There are a lot of those who recommended this book. They were enjoying reading this book. If you did not have enough space bringing this book you can buy the e-book. You can m0ore simply to read this book from a smart phone. The price is not too costly but this book features high quality.

James Moore:

Your reading 6th sense will not betray you actually, why because this RETOX: Yoga*Food*Attitude Healthy Solutions for Real Life e-book written by well-known writer who knows well how to make book that may be understand by anyone who also read the book. Written inside good manner for you, leaking every ideas and producing skill only for eliminate your personal hunger then you still hesitation RETOX: Yoga*Food*Attitude Healthy Solutions for Real Life as good book not just by the cover but also by the content. This is one e-book that can break don't determine book by its include, so do you still needing one more sixth sense to pick this kind of!? Oh come on your reading through sixth sense already alerted you so why you have to listening to a different sixth sense.

Jamila Coles:

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