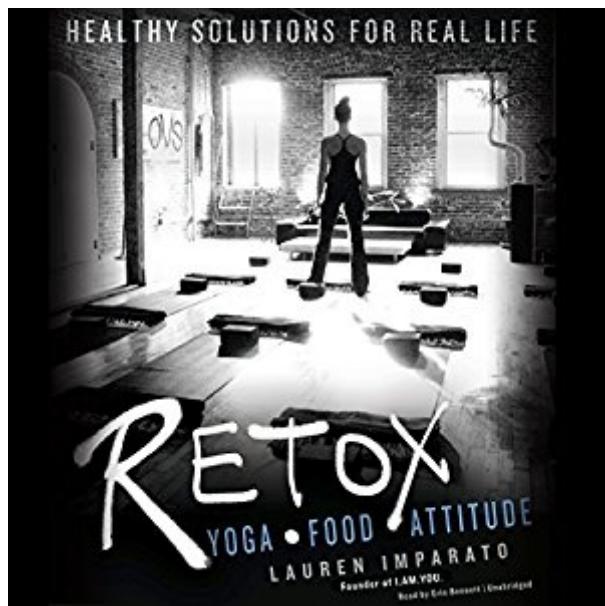


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# Retox: Yoga, Food, Attitude; Healthy Solutions For Real Life



## Synopsis

Practical health and wellness strategies from Laura Imparato, creator of the I.AM.YOU 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, 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.

## Book Information

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## Customer Reviews

Lauren Imparato's classes changed how I thought about yoga in the most positive way possible. Her personality sucked me in, the incredible soundtracks kept me there, and the way I felt kept me coming back. And now there is a book filled with the very best of Lauren! Her highly informative, entertaining, and beautiful! book covers so many aspects of how to live at your best and balanced.

A truly realistic approach to modern life. HIGHLY recommended.

First health or fitness book that I have not wanted to put down. Maybe it's because it's refreshingly honest and realistic for anyone. I am not a big yoga person but some of the suggestions Lauren gives (desk exercises for one) I could really see myself implementing. There are recipes in here I can't wait to try and some really good nutritional tips (what to eat to sleep better)...even a hangover remedy.

After finding I.Am.You yoga while living in NYC, I was immediately hooked. Lauren's philosophy mixed with her energetic classes are rejuvenating and addictive! I.Am.You yoga is really more than just a physical workout, which is what makes it so effective. Now that I live on the west coast, I feel so lucky to be able to reconnect to I.Am.You through RETOX. Lauren's instructions and holistic approach to a healthier lifestyle are relevant and accessible and come through clearly in this book. Her teachings can help revive your mindset, all while encouraging a very reasonable lifestyle for all. I highly recommend keeping this tool around!

There is a way we live and a way we should live - Lauren's philosophies and practices embody the way we all should be living. I went to her class in 2008 and never looked back. To have her teachings and ideas captured in one text is a blessing to us all. These lessons and methods will lead you to a happier, more productive life. More importantly, they will lead you to you and the person you are meant to be.

Lauren manages to strike the difficult balance between advising on a healthy life and being realistic. The 10-12 hour rule, the 2/3 directive, the approach of nutrients over calories are just a few examples of how Lauren sums up questions of healthy living in a few brief, but meaningful chapters. Highly recommended, even if you are like me, typically the least likely person to buy a yoga book.

"...when we don't reach our goals, we blame ourselves instead of the system." This is what has happened for me over the years with workout or diet fads. Retox is a new way of letting yourself be and gaining a different outlook for a healthier self. It's refreshing and fun and the recipes are awesome. Lauren knocked it out of the park with this accessible, real talk, book.

This book got so much press through the wellness blogosphere I was ready to love it, and very

excited for its release. Unfortunately, there's nothing new here, and also this is not a book that translates well to the Kindle format. If you're on the fence, try to find it at a library or book store first. If you just flip through, you'll see it's certainly not worth \$10 or more. Save it for a live yoga class.

I loved the recipes (I'm vegan, so they weren't all applicable...but she did a great job of including many vegan/vegetarian alternatives). Also, the quick fixes and desk poses were great and I will definitely use them :) the only thing I would have liked to see more of is maybe better photos of the actual yoga sequences. They were a bit hard to see. Overall, GREAT BOOK! I appreciate her fresh perspective and down to earth attitude!

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