



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:

Edna Brooks:

Book is written, printed, or descriptive for everything. You can know everything you want by a publication. Book has a different type. As you may know that book is important thing to bring us around the world. Adjacent to that you can your reading talent was fluently. A e-book RETOX: Yoga*Food*Attitude Healthy Solutions for Real Life will make you to be smarter. You can feel a lot more confidence if you can know about almost everything. But some of you think this open or reading a new book make you bored. It is not necessarily make you fun. Why they are often thought like that? Have you seeking best book or appropriate book with you?

Mindy Arredondo:

As people who live in often the modest era should be change about what going on or data even knowledge to make these keep up with the era that is certainly always change and move forward. Some of you maybe will update themselves by examining books. It is a good choice for you personally but the problems coming to you actually is you don't know which one you should start with. This RETOX: Yoga*Food*Attitude Healthy Solutions for Real Life is our recommendation to cause you to keep up with the world. Why, as this book serves what you want and wish in this era.

Rhonda Silva:

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Susan Bondurant:

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