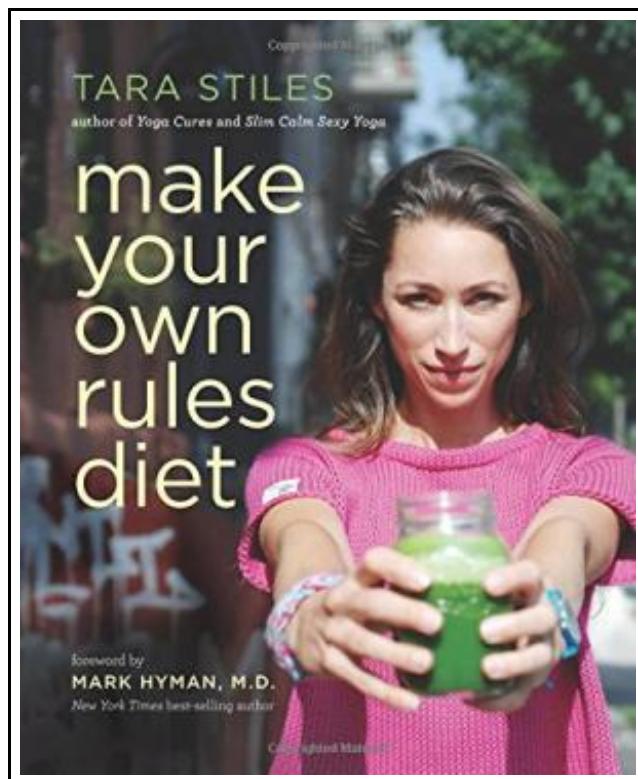


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Hay House Inc. Paperback. Book Condition: new. BRAND NEW, Make Your Own Rules Diet, Tara Stiles, In Make Your Own Rules Diet, Tara Stiles introduces you to easy and fun ways to bring yoga, meditation and healthy food into your life. As the designer and face of Reebok's first yoga lifestyle line, author of Yoga Cures and Slim, Calm, Sexy Yoga, and the founder of Strala - the movement-based system that ignites freedom, known for its laid-back and unpretentious vibe - Tara has long been a proponent of creating a tension-free healthy life by tapping into the unique needs of her clients. Tara stresses the importance of practicing with ease - leaving the discomfort and tension behind - because what you practice is what you manifest. You will not only learn to create your own rules but also to understand when something isn't working anymore, so you can update your rules as circumstances change. Her approach takes readers from the kitchen, to the mat, to the cushion, in an effort to help them get to know themselves. After leading them through some basic guidelines about how to write their rulebooks, Tara lays out tips, techniques and practices, including: a step-by-step goal setting process so readers can figure out where they want to focus; six yoga routines specifically designed to up energy levels, curb cravings, drop pounds and enhance peace; eight breathing and meditation practices to soothe the soul; 50 simple, delicious, plant-based recipes that can be made in minutes; a 7-day kick-start programme and a 30-day transformation plan to launch readers on their healthy, happy, radiant path.



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