



The Yoga Body Diet: Slim and Sexy in 4 Weeks (Without the Stress)

By Kristen Schultz Dollard, John Douillard



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A YOGA BODY IS THE ONE YOU HAVE NOW, ONLY HEALTHIER. This book is your complete guide to how to get it. And the benefits don't stop at your appearance. At the end of 4 short weeks, you'll feel better, you'll think more clearly, and you'll find it's much easier to keep a positive mindset and roll with life's inevitable punches. It's not as difficult as you might think! Here's how it works. The newest research has demonstrated beyond the shadow of a doubt that active relaxation triggers better blood flow to your organs, improving digestion and immune function. Yoga also puts you more in touch with your body, decreases stress and blood pressure, and regulates your nervous system, cultivating balance in the body. And it pulls muscle toward bone, creating a lithe and lean frame rather than gym-built bulk. The Yoga Body Diet shows you exactly how to eat well, shop wisely, and stretch yourself slim. The best part? NO YOGA EXPERIENCE NECESSARY. On this easy, 4-week plan, you will eat, move, and think according to your natural rhythms. You'll relax your systems rather than stressing them out, so that you won't experience the intense hunger pangs that often come when the body is in overdrive. In 4 short weeks, The Yoga Body Diet by Kristen Schultz Dollard and Dr. John Douillard shows you how to de-stress your life, balance your system, and get the yoga body you've always wanted . . . for life.



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Editorial Review

About the Author

Kristen Schultz Dollard is the digital director of Self Magazine. She is the former editor of iyogalife.com and a yoga teacher in New York.

Dr. John Douillard has written and produced 18 health and fitness books, CDs, and DVDs. He has been teaching and lecturing internationally for 22 years and currently directs LifeSpa, an Ayurvedic rejuvenation and detox retreat center in Boulder, Colorado, where he lives with his wife and six children.

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