



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

Lauren Imparato

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Practical health and wellness strategies from Lauren Imperato, 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 Imperato 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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