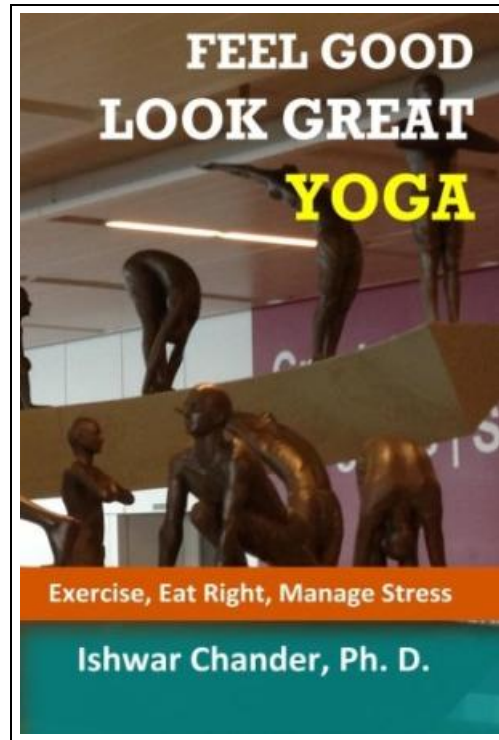


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(Dr. Cordie Upton III)

FEEL GOOD, LOOK GREAT: YOGA: DISCOVERING YOUR HEALTHY SELF (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Looking great begins with feeling good on the inside. Feeling good and looking great is not only possible, but is a real you, waiting to be discovered. I am sure you have tried many diet ideas and exercise recommendations, only to find that they are hard to keep up and confusing. This book offers you an opportunity to change your life style with the knowledge that will allow you to leverage and tailor your life style to fit your unique situation. As you begin to get fit, you lose weight, look better and feel happier. This journey of self transformation begins with an overall game plan that starts off with knowing yourself, and your environment. One way to make your journey to fitness effective and efficient is to leverage the current knowledge on body subsystem regeneration, effect and relationship with foods, and findings of exercise science from today s athletes. This culminates into discovering and creating the most powerful of all medicines that we know of today, that is, the terrific combination of regular exercise, healthy food, and stress management. Regular yoga practice and simple meditation techniques, presented here, may help you see the results of improvement in not only your physical flexibility and strength, but also in your brain function. It will lower your stress levels and bring peace and serenity into your life. Researchers have found that a mere 8 weeks of practice may increase your brain size and change the brain structure itself. As we live longer, it is imperative that we find and do everything that will enhance the quality of our lives, well into the later years.



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