



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

Lauren Imparato

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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...

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

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Pres says

Contrary to most diet books advising you to cut down food intakes, this book ask you to add, in a healthy way. It is not about those fake add-on items such as two bowls of veggies, which basically does not have any calories impact. The book does not even mention about watching out calories intake. It is from an yoga perspective to take care of your body. Even chapter finishes with some yoga movements. I especially love those movement that can be simply done on an office chair.

Shmanders says

I enjoyed this more than I expected to.

Teri Temme says

Some great ideas! Favorite quote: "Live as if you were to die tomorrow. Learn as if you were to live forever." ~Gandhi

Deanna says

Good stuff. Different ideas. I wish she had a better format for her yoga portion.

Jessica says

Man. I was really excited about this book. I was really excited about the premise of no dieting, no stress, simply learning easily accessible ways to get rid of stress, hangovers, poochy tummy (she calls it Alien Baby), etc.

What I got was a book full of fairly restrictive dieting advice, pictures of the author in a bikini (we get it, you have a fab body), and pretty self-righteous/ egocentric writing. Trust me, this lady is a BIG FAN of herself and she's got the pictures of herself teaching yoga to prove it.

Super disappointed. I feel misled by the description. Get this book if you're looking for yet another strict protocol to follow in order to become the "best you."

Jenny Roberts says

It's about 2.5 stars.. I honestly could not finish it. I jumped around. It's got good stuff in it but it don't do it for me

Bookerina Lovington says

I enjoyed this book! As someone who has always been interested in yoga but has never had the time or drive to really do anything about it, I found this book to be a good introduction into the practice.

Terri Fleming says

Finally a common sense scientifically based holistic approach to health. This is the first book I've read in a long time that makes sense and doesn't make me feel like a total loser (at life not weight loss)!

Rebecca says

I'm always keen to read anything to do with Yoga so I was pretty interested in reading this when I spotted it at the library. Anyway, this book is about the method of using Yoga, food and meditation to live a more awesome life and feel better about yourself. I thought the Yoga aspects were really interesting but in one part she talked about how she had done a lot of research and discovered that some poses were really dangerous so she won't even teach them anymore. It would have been nice to know what the poses were and what it was that makes them dangerous but that was not this book. When the food aspect was introduced the author talked about how people should eat what they like and that food is food. However, every section after that was much more heavily restrictive about what foods should be eaten and what should be avoided at all costs. The nourish element was also really good and well explained too. Overall, I thought this book was pretty good in the information that it gave but given that the author made a lot of points about how she did a lot of research and came to a bunch of conclusions, I thought it would have been nice for a bit more explanation of why certain things were good or bad rather than just the author saying, I did research and so this is what you should do. That being said, I will flick through to various sections on certain ailments and give them a try. The desk yoga exercises seem to be really good so far.

Cara Lembo says

I loved it! Lauren is a well-educated Princeton graduate who truly has a way with her words. She makes choices to change her life, despite her financial successes and shares them freely with the world in this book, mostly about attitude changes. Her recipes are simple and her mind boggling approach to managing a new career is inspiring. I would recommend this to even the best of YOGI's who might need more information rather than meditation. Joking of course. Good book, don't count it out this holiday break!

Others I know have already read it and agree!

Sofia Teixeira says

Um livro prático, sem merdas e eficaz. Brevemente a opinião completa.

Lindzi A says

I liked the attitude of this book although I think there could have been improvements to make it better. I like the special poses for different "problems". I missed an explanation of why a pose was good or what happened physically etc doing a pose. Too bad the photos did not come in color. The food recipes could have been so much more inspiring now they only feel dead.
