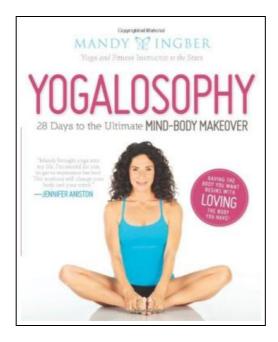
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YOGALOSOPHY: 28 DAYS TO THE ULTIMATE MIND-BODY MAKEOVER



Seal Press. Paperback. Condition: New. 296 pages. Dimensions: 9.9in. x 8.0in. x 0.6in. Jennifer Aniston. Kate Beckinsale. Helen Hunt. Brooke Shields. In addition to their fame, these actresses share something else in common: they owe their enviable silhouettes to fitness expert and celebrity yoga instructor Mandy Ingber. In Yogalosophy, Ingberone of the most sought-after fitness and wellness advisors in Los Angelesoffers up a unique 28-day plan to help readers achieve healthier bodies and happier minds. Building on the concepts offered in Ingbers popular Yogalosophy DVD, this handbook provides an accessible program of proven workouts and eating guidelines designed to tone and strengthen the entire body, inside and out. In addition to recipes and detailed body-sculpting workouts (which combine yoga postures with a wide range of other effective exercises), Ingber also offers up wise insights and thought-provoking anecdotes in each chapter, encouraging readers to establish a healthier, more life-embracing mindset. Full of girlfriend-y wisdom, Yogalosophy is a realistic, flexible, daily plan that will help readers transform their minds, their bodies, and their lives. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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