



# Make Your Own Rules Diet

*Tara Stiles*

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## **Make Your Own Rules Diet** Tara Stiles

In *Make Your Own Rules Diet*, Tara Stiles introduces readers to easy and fun ways to bring yoga, meditation, and healthy food into their lives. As the designer and face of Reebok's first yoga lifestyle line, author of *Yoga Cures* and *Slim, Calm, Sexy Yoga*, and the founder of Strala—the movement-based system that ignites freedom, known for its laid-back and unpretentious vibe—Tara has long been a proponent of creating a tension-free healthy life by tapping into the unique needs of her clients. In this new book, she teaches readers how to apply this inward-looking philosophy to themselves.

When people understand what they need for true well-being, they can make their own rules—rules that will help them become their best selves. In her rulebook, it's no pain, *much* gain. In fact, Tara stresses the importance of practicing with ease—leaving the discomfort and tension behind—because what you practice is what you manifest. Readers will not only learn to create their own rules but also to understand when something isn't working anymore, so they can update their rules as circumstances change.

Her approach takes readers from the kitchen, to the mat, to the cushion, in an effort to help them get to know themselves. After leading them through some basic guidelines about how to write their rulebooks, Tara lays out tips, techniques, and practices, including:

- A step-by-step goal setting process so readers can figure out where they want to focus
- Six yoga routines specifically designed to up energy levels, curb cravings, drop pounds, and enhance peace
- Eight breathing and meditation practices to soothe the soul
- 50 simple, delicious, plant-based recipes that can be made in minutes
- A 7-day kick-start program and a 30-day transformation plan to launch readers on their healthy, happy, radiant path

So join Tara today as she opens readers' eyes to a new way of living well that anyone can do.

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#### **Dorothy Guillen:**

Have you spare time for a day? What do you do when you have more or little spare time? Yeah, you can choose the suitable activity for spend your time. Any person spent their own spare time to take a wander, shopping, or went to typically the Mall. How about open as well as read a book titled Make Your Own Rules Diet? Maybe it is for being best activity for you. You know beside you can spend your time using your favorite's book, you can wiser than before. Do you agree with it has the opinion or you have some other opinion?

#### **Terry Dansby:**

A lot of people always spent their own free time to vacation or perhaps go to the outside with them loved ones or their friend. Do you realize? Many a lot of people spent they will free time just watching TV, or maybe playing video games all day long. If you want to try to find a new activity here is look different you can read some sort of book. It is really fun for you personally. If you enjoy the book you read you can spent the whole day to reading a reserve. The book Make Your Own Rules Diet it is extremely good to read. There are a lot of those who recommended this book. These were enjoying reading this book. When you did not have enough space bringing this book you can buy often the e-book. You can m0ore effortlessly to read this book from a smart phone. The price is not very costly but this book offers high quality.

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#### **Williams Carter:**

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