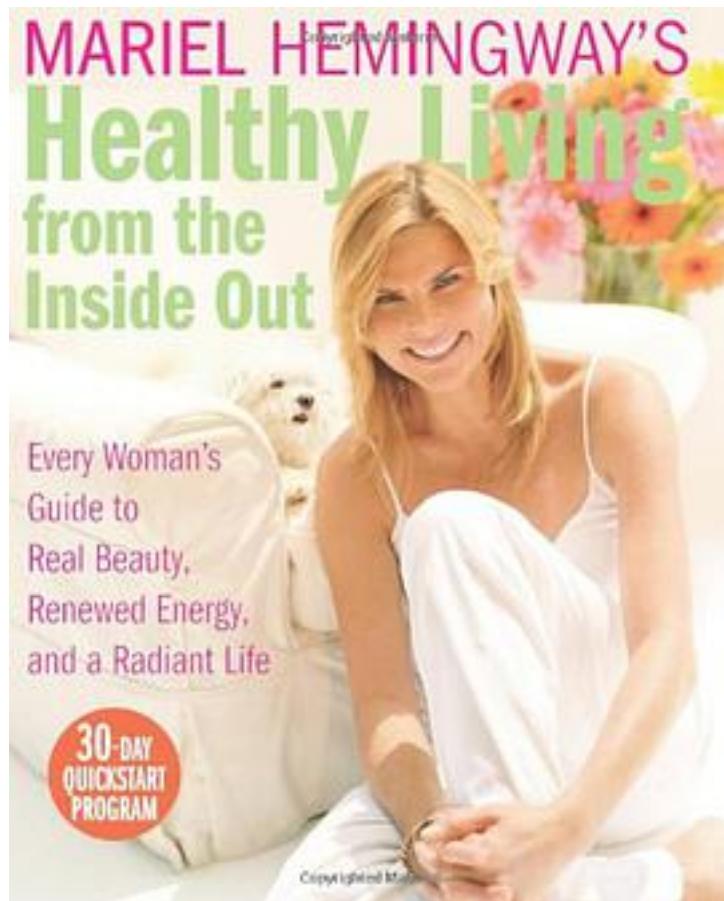


Mariel Hemingway's Healthy Living from the Inside Out



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Question: Which of the following have you done this week?

A. Switched on the TV within minutes of waking up.

B. Eaten lunch while driving.

C. Taken your cell phone into the bathroom.

D. Used a cup of coffee as a pick-me-up.

E. Looked in the mirror and had a negative thought about your body. Question: Which of the following haven't you done this week?

A. Laid the table for breakfast.

B. Noticed what time the sun set.

C. Driven with the radio and the cell phone switched off.

D. Exercised.

E. Looked in the mirror and had a kind thought about your body. The answers to these questions most likely reveal the biggest challenge most of us face in today's hectic world. How do we do it all? We all want to eat right, work out regularly, and be able to relax and find peace at the end of the day. But it just seems that life gets in the way.

Well now it doesn't have to. Mariel Hemingway's Healthy Living from the Inside Out is a revolutionary individualized program that teaches us how looking and feeling great are just a few simple choices away. No more bossy diets or impossible exercise routines.

Instead, Mariel divides healthy living into four foundational areas where we can isolate the issues we all face and start making the best decisions for our life. Food: What we eat and drink affects every part of our lives, from energy level to body shape. By making us conscious about our everyday choices, we learn to use food in a positive way to boost the body and mind and correct imbalances of weight, mood, and energy. Mariel provides some of her favorite recipes to help us integrate a flavorful yet super nutritious diet into our regular lives. Exercise: Exercise is not just to stay in shape but to stay connected to ourselves. By putting the emphasis on quality not quantity, we learn to nurture ourselves, stay grounded, and transform our mental, emotional, and physical states a little bit each day. We'll end up looking and feeling better than ever.

Silence: In our super noisy world, bringing quiet reflection into our lives slows down the rush, helps us learn the empowering skill of observation, and ultimately can guide us into healthier habits and behaviors. Home: Too often the home in which we live echoes the clutter and chaos of the outside world. Learn how to make home a place where we can rest, recharge, and refocus--a haven for the balanced life we (and our families) seek. Encouraging us to listen to ourselves and do things differently, Mariel presents a unique 30-day program for discovering real beauty, renewed energy, and a radiant life. We can all look amazing and feel fantastic from head to toe. The results are immediate and will last a lifetime.

作者介绍:

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