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about dieting. This
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body helped her to
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beginner's guide to
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practicing yoga and
mastering meditation.
Author Tara Stiles

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knowledge, expertise
and enthusiasm to
present fun ways to
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and your kitchen to
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into the one you have
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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.

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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

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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

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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

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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,

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techniques, and practices, including: -
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Eight breathing and meditation practices

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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
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happy, radiant path
So join Tara today as
she opens readers'
eyes to a new way of
living well that anyone

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In *Make Your Own Rules Cookbook*,
Strala Yoga founder,
fashion designer, and
entrepreneur Tara
Stiles shows you how
to have fun making
your own rules in the
kitchen. You'll begin
by breaking free of
the labels,
judgements,

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restrictions, and stresses of having to eat a certain

way—letting go of the binge-and-purge, punishment-and-reward, diet-and-fail cycles.

Learning to listen to what your body really wants, and make intuitive choices, you will find balance and harmony and go on to discover the

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massively bountiful buffet before you—an endless array of

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from all across the

world! Tara prides

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the same philosophy.

She gently guides you

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preparing yourself for
a major shift in your
mind-set • stocking a
healthy, green kitchen
• choosing handy
kitchen tools and
appliances •
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cooking into your
busy lifestyle • and
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you the freedom to

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play in the kitchen,
get creative,
experiment with
recipes, and make
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more than 100
mouthwatering
recipes inspired by
her international
travels, her
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offers up a generous helping of plant-powered juices, smoothies, salads, main dishes, and desserts designed to leave you feeling radiant, energized, and satisfied. Ditch the takeout menus, let your imagination run wild, and get your hands dirty in the kitchen!

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We've all been there—angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from

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Listening to your body.

Written by two
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nutritionists, Intuitive
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you were meant to be.

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and, ultimately, your

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body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder.

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secret? A revolutionary approach to the traditional practice of yoga. Study after study has shown that yoga offers a multitude of benefits for today's stressedout, busy woman, including a trimmer body, stronger immunity, lower blood pressure,

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better sex, and more!
In this comprehensive manual, you'll find more than 200 body-shaping and lifechanging yoga poses, meditations, breathing exercises, and unique 15-minute routines crafted by yoga superstar Tara Stiles. In Slim Calm Sexy Yoga you'll

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minutes of yoga a day
can help you: - Sculpt
a sexy silhouette -
Control diet-busting
cravings - Banish
stress for good - Amp
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satisfaction - Get
smooth, glowing skin -
Sleep better, stay
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through-the-roof
energy This easy-to-

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powers of yoga
guarantees a total
lifestyle makeover.
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better." — DEEPAK
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out—tethered to our

phones and e-mail,
overworked and

inactive at our desk

jobs, and out of touch

with what our bodies

and our brains really

need. Clean Mind,

Clean Body is the

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an immersive

experience in mental

and physical self-care

that will transform

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Your daily routine and your habits. In Clean Mind, Clean Body, Tara leads readers on a 4-week detox for body, mind, and spirit that can be done easily at home, and that covers: WEEK 1 - MENTAL CLEANSE – Eliminate toxic relationships, create a home sanctuary, and unplug from devices.

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SPIRITUAL
CLEANSE – Establish

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slow down, and live
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3 – CHANGE THE
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career, childhood,
private life, public

service, and views on
the music business

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much conflicting

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there to confuse your

efforts, it's no wonder

you haven't been

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be happily astounded to see the variety and volume of the tasty food on your plate! He also includes terrific tips for what to stock in your fridge and what to prepare every weekend in order to set yourself up for success during your too-busy-to-cook weekdays. A virtual

GPS to your weight-

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loss goals, The
Skinny Rules takes
the mystery out of the
process, offering the
fastest route to your
skinny destination.

LOSING WEIGHT IS
NOW AS SIMPLE AS
1-2-3 . . . AND

3-15-18-20 TOO!

Rule #3: Eat protein
at every meal, making
some kind of fish your
go-to protein as often

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as you can. Take your weight and divide it by two—that's more or less how much protein you should be eating in grams every day. Rule #15: Eat at least ten meals a week at home (and cook them yourself). Restaurant portions are usually 40 to 50 percent bigger than what you'd serve at

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home—the more you

eat out, the more you
overeat. Set yourself

up for success by

preparing my turkey
meatballs, hummus,

and roasted

vegetables on the

weekend so that you

will have go-to staples

and no excuses! Rule

#18: Go to bed

slightly hungry.

Denied fuel for more

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than five hours, your body will start burning its own fat and sugar.

Make a point not to eat after dinner and you'll be burning fat while you're sleeping.

Rule #20: Enjoy a splurge meal once a week. Unlike episodic bingeing, splurge meals are an ingredient in your diet.

When you plan

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