

RETOX | REST TO RAGE. MEDITATE TO WORK. CLEANSE TO GET DIRTY.

READ BY ERIN BENNETT

A healthy lifestyle doesn't have to be built around self-deprivation, hours of meditation, and strict dietary restrictions. In fact, these tactics almost never 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*, wellness 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...

"Finally a book with tools for everyday life that are easy to follow and understand."
—Eve, Grammy Award-winning recording artist and actress

"With a deep understanding of anatomy and physiology, in *Retox* Lauren writes a fun and entertaining book that shows both students and instructors ways to maximize the value of yoga." —Francis X. Mendoza, MD

LAUREN IMPARATO is a Princeton graduate, advanced yoga instructor, nutritional coach, mindfulness teacher, and speaker. She founded her wellness lifestyle company and yoga studio, LAM.YOU., in 2009 after quitting her job as vice president at Morgan Stanley. Specializing in realistic wellness solutions for busy lives, Lauren has led classes for tens of thousands in NYC's Central Park and Times Square, Madrid, Barcelona, Panama, and at the Cannes Film Festival. She has been profiled by CNN, Bloomberg, *Vogue*, *SELF*, the *Financial Times*, *New York Magazine*, the *New York Times*, the *Wall Street Journal*, and other media outlets. She has been named one of the Top 100 Women to Watch in Wellness by mindbodygreen and one of *Elle's* This Is 30. Visit her online at iamyoustudio.com or RetoxBook.com.

Running Time: 9½ Hours • Unabridged

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LAUREN IMPARATO

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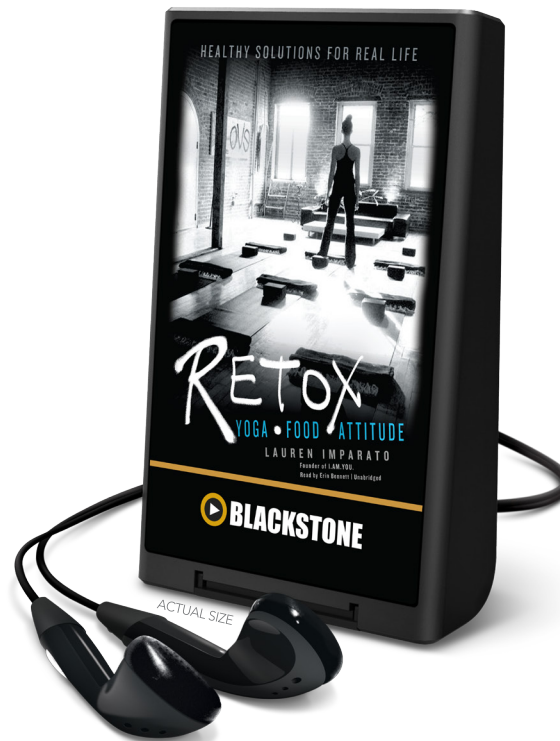
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