



Clean(ish) is a focus on real foods and a healthier home environment free of obvious toxins, without a fixation on perfection.

By living clean(ish), we clear the decks to streamline our bodies' natural processes.

Clean(ish) bodies do what they're designed to do while still allowing us to enjoy life!



PLAYAWAY®

CLEAN(ISH)



GIN STEPHENS



In Gin Stephens's *New York Times* bestseller *Fast. Feast. Repeat.* she showed you how to fast (completely) clean as part of an intermittent fasting (IF) lifestyle. Now, whether you're an intermittent faster or not, Gin shows you how to become clean(ish) where it counts: You'll learn how to shift your choices so you're not burdening your body with a bucket of chemicals, additives, and obesogens it wasn't designed to handle.

Instead of aiming for perfection (which is impossible) or changing everything at once (which is hard and rarely leads to lasting results), you'll cut through the confusion, lose the fear, and embrace the freedom that comes from becoming clean(ish). As you learn how to lower your toxic load through small changes, smart swaps, and simple solutions, you'll evolve simply and naturally toward a clean(ish) lifestyle that works for your body and your life!

GIN STEPHENS, the *New York Times* and *USA Today* bestselling author of *Fast. Feast. Repeat.* and *Delay, Don't Deny*, has lived an intermittent fasting lifestyle since 2014. Since then, she's lost over eighty pounds, published several books, and hosted three top-ranked podcasts—*Intermittent Fasting Stories*, *The Intermittent Fasting Podcast*, and *Life Lessons*. A graduate of the Institute of Integrative Nutrition's Health Coach Training Program, she also earned a Doctor of Education degree in Gifted and Talented Education, a master's degree in Natural Sciences, and a bachelor's degree in Elementary Education. She taught elementary school for twenty-eight years and has worked with adult learners in a number of settings. Stephens splits her time between Augusta, Georgia, and Myrtle Beach, South Carolina, where she lives with her husband and their three cats. Gin is also a mother to two adult sons.

READ BY THE AUTHOR



Running Time: Approx. 11 Hours • Unabridged

© 2022 by Gin Stephens © 2022 by Macmillan Audio, 120 Broadway, New York, NY 10271. Cover design by Olga Grlic. Cover art: house icon © Marco de Benedictis/Shutterstock.com. www.macmillanaudio.com

43024

PLAYAWAY®

Playaway pre-loaded audiobooks are the best way to listen, unplugged and uninterrupted.

WWW.PLAYAWAY.COM

© 2022 Playaway. Patented. All rights reserved. Designed in Ohio. Made in China.

ISBN 978-1-250-86413-0



9 781250 864130



LIGHT

PLAYAWAY®
THE ALL-IN-ONE AUDIOBOOK



ACTUAL SIZE

PLAYAWAY® and associated logos are registered trademarks of Findaway World, LLC. 31999 Aurora Road, Solon, OH 44139 USA