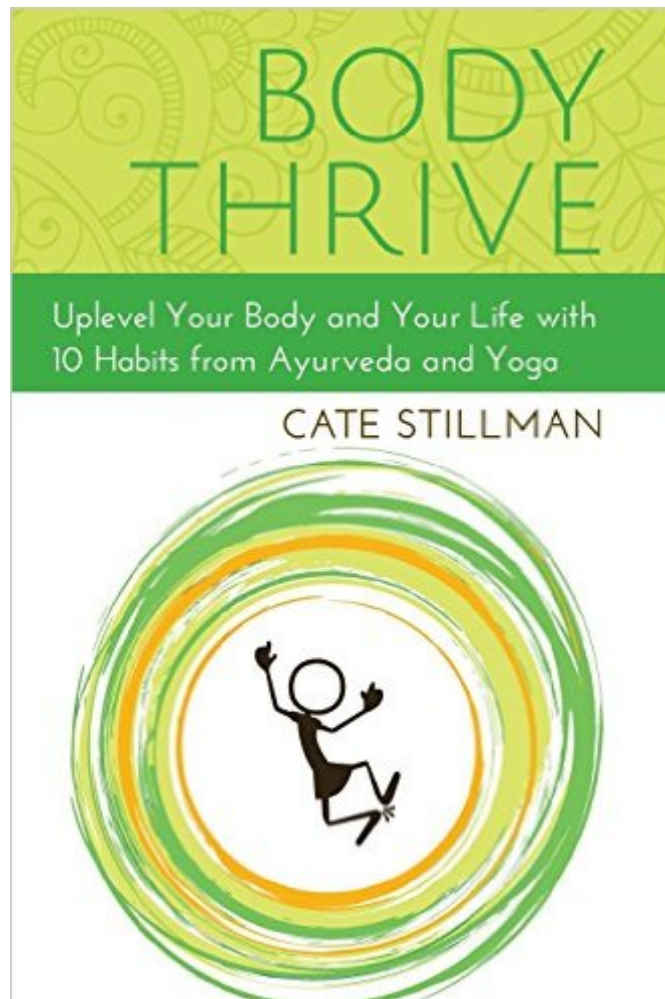


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# Body Thrive: Uplevel Your Body And Your Life With 10 Habits From Ayurveda And Yoga



## Synopsis

Body Thrive applies the most essential teachings of Ayurveda into a modern life by decoding the teachings into habits. Ayurveda is the perennial body wisdom tradition that co-arose with yoga, the path of living awake. Here lies a simple body habits curriculum that every person can learn as a child, master as an adult, and refine as an elder for their body to thrive. Check out more at [www.bodythrive.com](http://www.bodythrive.com)

## Book Information

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Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (90 customer reviews)

Best Sellers Rank: #47,390 in Books (See Top 100 in Books) #15 in [Books > Health, Fitness & Dieting > Alternative Medicine > Ayurveda](#) #184 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#) #476 in [Books > Politics & Social Sciences > Philosophy > Eastern](#)

## Customer Reviews

If you have ever wanted to have greater health, happiness, vitality, and *œwill power*, Body Thrive is one book that can offer you guidance on just how to actually make that happen. Unlike other future door stops, paper weights, and good reads that are available in the Health & Fitness section of your favorite bookstore, Body Thrive actually has the goods to help you make the changes that you want to make. One reason for that is that Body Thrive is actually three books in one. The first part of the book contains two sections:--An introduction to How to Have a Body according to Ayurveda (the ancient and contemporary science of health developed over the course of thousands of years in India, and kept fresh today by bright young practitioners like Cate Stillman, author of this brilliant, entertaining, and highly useable tome), and--A Crash Course on Habit Evolution according to Behavioral Science. Heady stuff, and have no fear! Part 1 is a brief and foundational 35 pages, and Cate is awesome! The way she cuts through the mumbo jumbo and gets right down to the matter at hand, even when talking about something as challenging as poop, is masterful. *œA fresh start means deep-tissue hydration and a big poop. Around 18 inches of eliminated fecal matter*

dumped within an hour of rising, without caffeine for provocation, is the gold standard.â •Once you have read the theory, you are ready for the second part of the book, which offers you 10 habits (the dina charya) which will help you to achieve all the health and vitality that you can handle.

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