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Make Your Own Rules Cookbook: More Than 100 Simple, Healthy Recipes Inspired by Family and Friends Around the World



Par Tara Stiles
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#118304 dans eBooksPubli le: 2015-11-03
Sorti le: 2015-11-03Format: Ebook
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Description :

Prsentation de l'diteurIn 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, restrictions, and stresses of having to eat a certain wayletting 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 massively bountiful buffet before youan endless array of tastes and textures from all across the world!Tara prides herself on making healthy living easy and effortless, and this cookbook holds the same philosophy. She gently guides you through every step of the Make Your Own Rules process, frompreparing yourself for a major shift in your mind-setstocking a healthy, green kitchenchoosing handy kitchen tools and appliancescheduling time for grocery shopping and cooking into your busy lifestyleand more!Tara also

gives you the freedom to play in the kitchen, get creative, experiment with recipes, and make them your own. With more than 100 mouthwatering recipes inspired by her international travels, her Midwestern roots, and her daily life in NYC, *Make Your Own Rules Cookbook* 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!

Présentation de l'auteur 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, 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 massively bountiful buffet before you: an endless array of tastes and textures from all across the world! Tara prides herself on making healthy living easy and effortless, and this cookbook holds the same philosophy. She gently guides you through every step of the *Make Your Own Rules* process, from preparing yourself for a major shift in your mind-set to stocking a healthy, green kitchen, choosing handy kitchen tools and appliances, scheduling time for grocery shopping and cooking into your busy lifestyle, and more!

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Biographie de l'auteur Tara Stiles is the founder and owner of Strala, the movement-based system that ignites freedom. She is a leading figure in the yoga movement and admired internationally for her work. Tara is the designer and face of Reebok's first yoga lifestyle range and is the author of three top-selling books, including *Make Your Own Rules Diet*. www.tarastiles.com