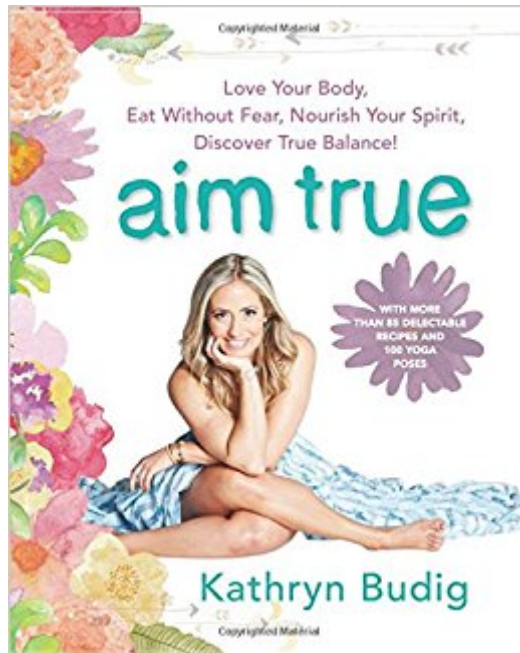


The book was found

Aim True: Love Your Body, Eat Without Fear, Nourish Your Spirit, Discover True Balance!



Synopsis

Join Kathryn Budig, international bestselling author of *Aim True*, on a journey to discover what Aim True means to you! Yoga teacher and inspirational speaker Kathryn Budig is known for her ability to encourage others to set their intentions and goals, no matter how lofty, and work toward them while staying true to themselves. In *Aim True*, Budig extends her empowering message beyond the mat. Life is an adventure that is meant to be explored, challenged, and fully lived. The best part? When you approach life with an open mind and heart, the possibilities are endless. Allow Budig to be your guide along the journey with:

- * A 5-day purification process
- * 6 yoga sequences to put into practice
- * Over 85 recipes to seduce your inner Top Chef
- * An introduction to meditation
- * Homeopathic self-care and beauty recipes

Whether your goal is to love who you are right now, reshape the way you view food, develop a meditation practice, or discover new ways to embrace the great balancing act that is life, this holistic approach to yoga, diet, and mindfulness has something for you. Filled with vibrant photographs and whimsical illustrations, this guide is as beautiful as it is life-changing.

Book Information

Paperback: 336 pages

Publisher: William Morrow Paperbacks (March 29, 2016)

Language: English

ISBN-10: 0062419714

ISBN-13: 978-0062419712

Product Dimensions: 7.4 x 0.8 x 9.1 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (66 customer reviews)

Best Sellers Rank: #16,841 in Books (See Top 100 in Books) [#38 in Books > Health, Fitness & Dieting > Beauty, Grooming, & Style](#) [#50 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses](#) [#64 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#)

Customer Reviews

Zucchini Pasta with Almond Basil Pesto Makes 2 to 4 servings Raw cuisine isn't always my favorite (my digestion has seen better days), but I've always been impressed with veggie pasta. It's a sponge for flavor and the perfect canvas for sauce. I took a spin on the classic basil pesto by replacing pine nuts with almonds. The result is a simple, fast, refreshing lunch.

Method 1. Spiralize or peel the zucchini into noodle-like ribbons. Pat them with paper towels to remove excess liquid. 2. Place the almonds, basil, oil, pecorino, garlic, and salt into a food processor and blend until the pesto is the desired consistency (I like a chunky texture). Gently fold the pesto into the zucchini noodles and toss with the cherry tomatoes. Here's What You Need: 2 zucchini ½ cup raw almonds 2 large handfuls fresh basil ½ cup extra-virgin olive oil ½ cup grated pecorino cheese 2 garlic cloves, peeled 2 teaspoons pink salt 1 cup cherry tomatoes, halved

[Download to continue reading...](#)

Aim True: Love Your Body, Eat Without Fear, Nourish Your Spirit, Discover True Balance! FAR/AIM 2016: Federal Aviation Regulations/Aeronautical Information Manual (FAR/AIM series) FAR/AIM 2017: Federal Aviation Regulations / Aeronautical Information Manual (FAR/AIM series) The Beauty Detox Power: Nourish Your Mind and Body for Weight Loss and Discover True Joy Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Balance is Power: Improve Your Body's Balance to Perform Better, Live Longer, and Look Younger Clean Eats: Over 200 Delicious Recipes to Reset Your Body's Natural Balance and Discover What It Means to Be Truly Healthy True Ghost Stories And Hauntings: Horrifying True Paranormal Hauntings From The Last 300 Years: Creepy True Ghost Stories And Accounts (True Ghost Stories, True Paranormal, Bizarre True Stories) Body Language: Discover and Understand the Psychological Secrets Behind Reading and Benefitting From Body Language (Read People On Sight - Body Communication - Nonverbal Communication) The Easy Ayurveda Cookbook: An Ayurvedic Cookbook to Balance Your Body and Eat Well Eating the Bible: Over 50 Delicious Recipes to Feed Your Body and Nourish Your Soul Soul Mates & Twin Flames: Discover a Timeless Love, Fulfill Your Soul's Purpose, and Experience a Higher Level of Love (Soul Mates, Twin Flames, Karmic ... Spirits, Endless Love, Spiritual Partner) Healthy Eating: Winter Healthy Eating Guide and 60+ Recipes Inspired by Traditional Chinese Medicine to Warm Up the Body, Nourish Your Skin, and Achieve Optimal Health Juicing with the Omega Juicer:

Nourish and Detox Your Body for Vitality and Energy Bizarre True Stories: Weird And Unusual True Stories Of The Paranormal, Strange Sightings, Eerie True Ghost Stories And Unexplained Phenomena (True Paranormal ... True Ghost Stories And Hauntings) Menus and Memories from Punjab: Meals to Nourish Body and Soul (Hippocrene Cookbooks) Pure Vegetarian: 108 Indian-Inspired Recipes to Nourish Body and Soul

[Dmca](#)