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Meditate Your Weight: A 21-Day Retreat To Optimize Your Metabolism And Feel Great



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Synopsis

An international yoga teacher, a meditation expert, and a health and wellness expert, Tiffany Cruikshank shows listeners a whole new way to lighten up: using meditation to explore what's weighing them down physically, emotionally, and mentally so as to maximize metabolism and sustain a healthy weight and body image. Meditate Your Weight is a 21-day weight-loss plan that employs a daily journaling and meditation practice to coach listeners through the various mental blocks, thoughts, habits, and behaviors that stand in their way of living in strong, healthy, well-loved bodies.

Book Information

Audible Audio Edition
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Customer Reviews

This book has changed my life! I have been struggling with the weight gain due to menopause. I have tried everything from supplements to crazy diets, you name it. This book is thoughtful and well written. It steps you through a meditation practice. I've also tried many 21 day meditation practices and none of them worked. This is the first one that has allowed me to be able to meditate regularly and I actually look forward to it. The combination of journaling and working through the 21 days of meditation has really help me. I am going to reread the book and do it again but do the entire book using the 12 minute meditation time that I am now up to. Thank you Tiffany. Xo

I am really loving it. I'm in the middle of the book right now, half way through the meditation program. I've been teaching yoga for 7 years now, and the way Tiffany has explained, set up, and described what to do in this program....REALLY resonates with me and clicks for me. I feel like I'm

actually meditating for the first time with much more confidence, and like it is impacting my life and shifting my thinking. Feeling really grateful and excited about it, and want to buy it for a couple of friends.

This book worked perfectly for what I needed at this point in my life. I've always believed we must get to the core of weight gain problems otherwise we are just putting superficial bandaid over a deep wound. I completed the 21 days and now am redoing the book to keep my meditation going.Teaching us to eat mindfully has been the biggest help.

If you want to make permanent changes to your eating habits you should read this book and do your recommended homework. I promise it will work.

Doing the program now. Has relieved my stress and given me a sense of hope that I will reach my goal. Book is filled with helpful facts and medical information regarding our body's ability to loose weight.

This ebook is everything I wanted it to be. Full explanation of meditation and daily exercises.

Great information about the science behind meditation.

Love this book! I carry it with me and refer to it often. So glad i purchased it!

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Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) The Metabolism Miracle Cookbook: 175 Delicious Meals that Can Reset Your Metabolism, Melt Away Fat, and Make You Thin and Healthy for Life Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) Fast Metabolism Diet Cookbook: Healthy & Wholesome Fast Metabolism Diet Recipes to Slim Down and Burn Fat The 3-Week Metabolism Diet: A Simple Metabolism Focused Diet Guaranteed to Shed 4-12 Inches and 9-21 Pounds of Stubborn Belly Fat Weight Loss Smoothies: 33 Healthy and Delicious Smoothie Recipes to Boost Your Metabolism, Burn Fat and Lose Weight Fast DASH Diet: Proven Steps To Rapid Weight Loss, Lower Blood Pressure, Lower Cholesterol And Prevent Heart Disease (DASH Diet for beginners, Weight Loss, Boost Metabolism, Healthy) Thyroid Diet: A Guide For Using The Thyroid Diet to Manage Thyroid Symptoms, Increase Metabolism and Lose Weight (dieting, weight loss, thyroid, hyperthyroidism, ... hyperthyroidism diet, thyroid diet plan,) 30 Days of Whole Food: 120 Irresistible and Healthy Recipes - A 30 Day Whole Food Challenge That Will Help You Lose Weight, Boost Your Metabolism, and Prevent Disease Alkaline Smoothies: High Alkaline Smoothie Cleanse Recipes; 30 Day Acid Alkaline Diet Challenge to Balance your pH, Lose Weight, and Feel Great; Photos and Nutrition Info for Every Recipe Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism, Second Edition 21-Day Weight Loss Kickstart: Boost Metabolism, Lower Cholesterol, and Dramatically Improve Your Health The 10 Day Ketogenic Cleanse: The Metabolism Booster Your Body Needs To Burn Fats (keto diet, high fat diet, ketogenic diet for weight loss, fat loss, ketogenic, ketogenic, ketogenic diet)

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