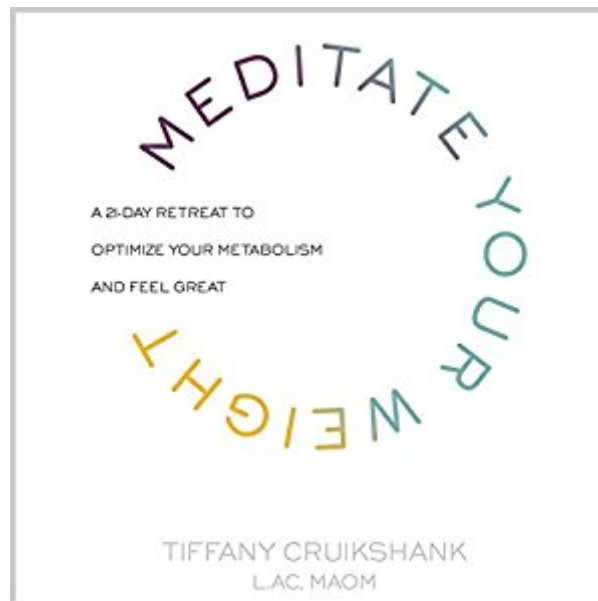


The book was found

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



## 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

Listening Length: 8 hours and 21 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Random House Audio

Audible.com Release Date: April 5, 2016

Language: English

ASIN: B01CDGPRM4

Best Sellers Rank: #36 in Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #99 in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition #199 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

## Customer Reviews

I just finished Tiffany Cruikshank's new book *Meditate Your Weight* and I would recommend this book to anyone who is struggling with stress, health, weight, etc. Meditation reduces heart rate, blood pressure, stress hormones, pain and inflammation, depression and anxiety. It improves immune system function, focus and memory, sleep and so much more!! loved the 21 day program design of the book. Each day I looked forward to my reading, meditation and journaling. I have learned valuable stress management techniques and gained better mindfulness towards healthy habits and eating. I'm excited to see how this book will continue to transform me.

I have been sleeping better, feeling more calm and relaxed using this book! I LOVE Tiffany's message and the day by day advice to change my thoughts. I would recommend this book if you want total health, not just losing weight.

This book is a refreshing offer and method to approaching a healthy lifestyle through resetting our patterns and thoughts of mind. In this easy to understand and even more approachable system to feel better (and fast) the author offers scientific foundation, personal experience, and a simple plan to optimize health. As a yoga teacher I am open to mantra, chant, and meditation and this book provides a no nonsense opportunity to connect to a deep lineage without having to move through esoteric learning and mythology to get to the root of the book's principle. Although I appreciate and enjoy the deeper lineage aspect to yoga and meditation, sometimes keeping life simple is equally appreciated. Exploring mental blocks, relationship to behaviors and habits, as well as movement provide clarity to our current state. This book provides sound and basic principles for success. On another note, this book is a handy size and easy to place by a bedside table or in a travel bag for those who find themselves able to read on the way to work and/or school.

As a book on meditation, I found this to be an informative read. There was good background information on the benefits of meditation and the usual anecdotes on why this could be an effective key to weight loss. The journaling and reflection were obviously big parts of this process and examining your relationship with food, stress and other factors in your life. This is similar to other books out there that take a more holistic approach to weight loss and healthy living other than just focusing on diet and exercise (still important parts of any weight loss program). My only complaint was I felt like the meditation times jumped up too quickly. The jump from 5 minutes to 7 to 10 was too rapid for me and I honestly had a really hard time with meditating beyond 5 minutes. I didn't lose any weight, but I enjoyed the experience. I looked at this as more of an introduction to meditation rather than a solution to weight loss problems. I received a copy of this book from Blogging for Books in exchange for an honest review.

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 lose weight.

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 a 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.

While I just started reading the kindle version last night - I could not put it down! Reading about the scientific evidence and benefits has my meditation practice completely re-ignited! I just bought 8 hard copies for our yoga studio and I'm so excited to share the thoughtful efforts that were put into this book! Thank you Tiffany Cruikshank for sharing your passion of helping others!

I highly recommend this book to anyone! It has helped me tremendously in dealing with my food habits, self love, mediating, body image issues...the list goes on. Tiffany does a great job of breaking it down so you can really start to work towards the underlying issues that cause many of these habits. I struggled with an eating disorder for years and this is the first book that really has helped me make sense of those deep rooted issues. I thank you Tiffany for an inspiring and unbelievably transformative book that truly has changed me!

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