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Descrizione fisica	1 online resource (413 pages) : color illustrations
Disciplina	613.7046
Soggetti	Yoga - Philosophy Physical fitness Mind and body
Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
Note generali	Includes index.
Sommario/riassunto	"Heartbreak is a universal experience, and self-compassion is vital to healing. In this moment of truth lies the opportunity to find action-oriented ways to love yourself." Building on the concepts in her New York Times best-selling book Yogalosophy, Mandy Ingber, fitness and wellness instructor to the stars, now gives us Yogalosophy for Inner Strength--a revolutionary and inspiring self-care program to uplift and strengthen the alignment of mind, body, heart, and spirit during times of adversity like loss, transition, grief, or heartbreak. Yogalosophy for Inner Strength is a twelve-week wellness program, which includes five exercise routines for strength, happiness, and cardiovascular health, as well as meditations, recipes, playlists, and rituals designed to support the healing of the heart and build lasting resilience. In Yogalosophy for Inner Strength, Ingber incorporates anecdotes from her personal journey through loss and trying times, and stories from experts within her inner circle of friends. Whether you're experiencing crisis or simply feeling adrift, Yogalosophy for Inner Strength will help guide and carry

you through your transition by providing a path to emotional strength,  
inner balance, and ultimately, to a greater capacity for true joy.

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