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Nota di contenuto	Contents; Author's Note; Part I: Making the Choice; 1 Lightness; 2 Thirst; 3 Day and Night; 4 Dig the Ride; Part II: Making It Happen; 5 Help Your Brain Help You; 6 Strength Outside In; 7 Dodging the Yo-Yo; 8 The Tortoise Totally Wins; 9 Do Something; Part III: Making It Last; 10 Mindfulness and Mindlessness; 11 Starting Where You Are; 12 Wide Open; Afterword; Acknowledgments; Notes; Selected Bibliography; Further Readings; Index; About the Author
Sommario/riassunto	Lightness of Body and Mind offers the radical notion that you can't get a body you love by doing things that you hate. Through memoir and intimate client stories, personal trainer Sarah Hays Coomer proposes that wellness and indulgence can and should spring from the same source, fueled by kindness to your body and devotion to what turns you on.