



## The Perfect Balance Diet: 4 Weeks to a Lighter Body, Mind, Spirit Space (Paperback)

By Lissa Coffey

Bamboo Entertainment, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Feeling overstressed, overtired, overweight, or overwhelmed? It's time to lighten up! Lissa Coffey's new book, *The Perfect Balance Diet*, sets us on a path to live our healthiest and happiest. It's about losing what weighs us down, and gaining balance, a new perspective on life that is holistic and happy. This is a lifestyle filled with meaning. It's joyful, practical and easy. If you're always hungry for more, yet never really satisfied, *The Perfect Balance Diet* will fill you up with inspiration and wisdom that you'll use every single day. This is a plan that brings mindfulness to what we consume physically, mentally, emotionally and environmentally. It's fulfilling, and enlightening! Includes a lifestyle plan, information about ayurveda and feng shui, and lots of flexitarian recipes that can be adapted whatever your food concerns are. Lissa Coffey has created a treasure of a handbook with countless practical suggestions based on the teachings of Ayurveda, showing us how we can eat, live, sleep, and interact with other people to find and maintain a balanced lifestyle. When...



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