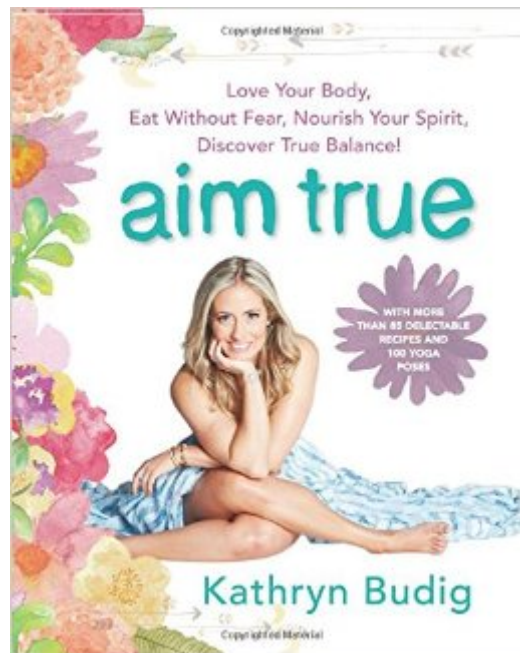


The book was found

Aim True: Love Your Body, Eat Without Fear, Nourish Your Spirit, Discover True Balance!



Synopsis

Join Kathryn Budig, international bestselling author of *Aim True*, on a journey to discover what *Aim True* means to you! Yoga teacher and inspirational speaker Kathryn Budig is known for her ability to encourage others to set their intentions and goals, no matter how lofty, and work toward them while staying true to themselves. In *Aim True*, Budig extends her empowering message beyond the mat. Life is an adventure that is meant to be explored, challenged, and fully lived. The best part? When you approach life with an open mind and heart, the possibilities are endless. Allow Budig to be your guide along the journey with:

- * A 5-day purification process
- * 6 yoga sequences to put into practice
- * Over 85 recipes to seduce your inner Top Chef
- * An introduction to meditation
- * Homeopathic self-care and beauty recipes

Whether your goal is to love who you are right now, reshape the way you view food, develop a meditation practice, or discover new ways to embrace the great balancing act that is life, this holistic approach to yoga, diet, and mindfulness has something for you. Filled with vibrant photographs and whimsical illustrations, this guide is as beautiful as it is life-changing.

Book Information

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Customer Reviews

Zucchini Pasta with Almond Basil Pesto Makes 2 to 4 servings Raw cuisine isn't always my favorite (my digestion has seen better days), but I've always been impressed with veggie pasta. It's a sponge for flavor and the perfect canvas for sauce. I took a spin on the classic basil pesto by replacing pine nuts with almonds. The result is a simple, fast, refreshing lunch.

Method 1. Spiralize or peel the zucchini into noodle-like ribbons. Pat them with paper towels to remove excess liquid. 2. Place the almonds, basil, oil, pecorino, garlic, and salt into a food processor and blend until the pesto is the desired consistency (I like a chunky texture). Gently fold the pesto into the zucchini noodles and toss with the cherry tomatoes. Here's What You Need: 2 zucchini ½ cup raw almonds 2 large handfuls fresh basil ½ cup extra-virgin olive oil ½ cup grated pecorino cheese 2 garlic cloves, peeled 2 teaspoons pink salt 1 cup cherry tomatoes, halved

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