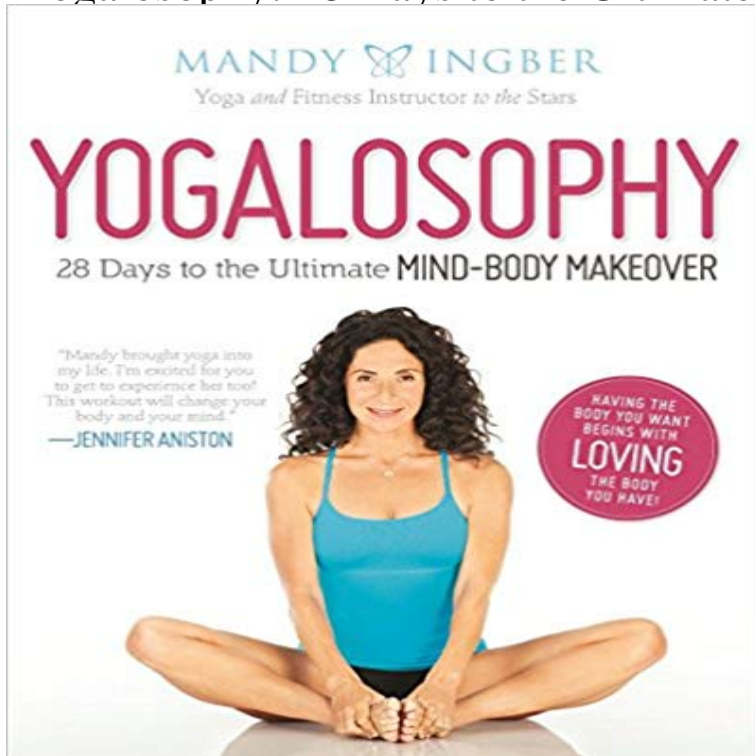


Yogalosophy: 28 Days to the Ultimate Mind-Body Makeover



Jennifer Aniston. Kate Beckinsale. Helen Hunt. Brooke Shields. In addition to their fame, these actresses share something else in common: they owe their enviable silhouettes to fitness expert and celebrity yoga instructor Mandy Ingber. In *Yogalosophy*, Ingber, one of the most sought-after fitness and wellness advisors in Los Angeles, offers up a unique 28-day plan to help readers achieve healthier bodies and happier minds. Building on the concepts offered in Ingber's popular *Yogalosophy* DVD, this handbook provides an accessible program of proven workouts and eating guidelines designed to tone and strengthen the entire body, inside and out. In addition to recipes and detailed body-sculpting workouts (which combine yoga postures with a wide range of other effective exercises), Ingber also offers up wise insights and thought-provoking anecdotes in each chapter, encouraging readers to establish a healthier, more life-embracing mindset. Full of girlfriend-y wisdom, *Yogalosophy* is a realistic, flexible, daily plan that will help readers transform their minds, their bodies, and their lives.

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