



Find Your Flexible Warrior: Think, Stretch and Eat for Balance and Resilience (Paperback)

By Karen Dubs

Flexible Warrior, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Think, Stretch and Eat for more Flexibility, Balance and Resilience. You can train your body hard, but unless you re training your mind, eating well and incorporating recovery training, you may not feel your best. Simple changes in the foods you eat and your self-care routine can help you: Balance your willpower and strength with chillpower and flexibility; Create a more resilient and adaptable mind and body; Speed recovery, boost performance and increase your flexibility Reduce stiffness and improve health with anti-inflammatory superfoods; Discover stretching and other techniques to enhance well-being. Karen Dubs has helped many professional and amateur athletes improve their flexibility with the simple techniques she learned after being diagnosed with a chronic disease. The Flexible Warrior approach she created incorporates self care, yoga and nutrition and can help you find more balance, health and peace. Whether you are recovering from an illness, are a stay-at-home mom, a corporate executive, or an athlete, the techniques in this book will support you on your journey to think like a warrior, protect like a warrior, and eat like a warrior. Flexibility...



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