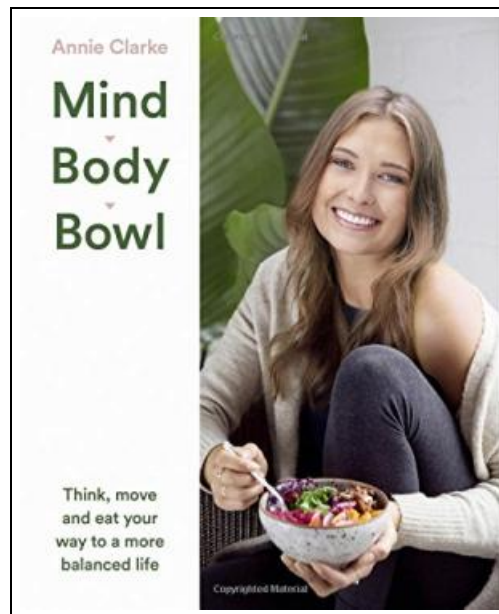


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HarperCollins Publishers, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. `Mind Body Bowl is the perfect balance. The recipes are simple, delicious and something you will want to eat every day. It will become your go-to recipe book Madeleine ShawAnnie Clarke, creator of the popular Mind Body Bowl blog, shares her journey from poor health to strength and happiness by way of her three pillars of wellness - a healthy mind; a fit body and delicious new recipes.Inspired by Annie s own experience, this book is a celebration of eating well and finding the right balance for you. We are all individuals and one prescriptive programme will never suit us all. Mind Body Bowl helps to guide and sign post some key parts of the journey towards connecting with our own body and mind in order to find our own individual sense of balance. The book includes a selection of plant based recipes that are nourishing and delicious, focusing on simple, fresh ingredients that are easy to source. With half of the book devoted to recipes, the other half focusses on Annie s lifestyle advice, including how we can use the breath, meditation, yoga and other practices to calm our minds; how we can discover the best style of exercise to suit our bodies and how by eating natural food we can heal inflammation. By linking the mind and body practises together and applying some small changes, it is possible to set yourself on the path to wellness and greater happiness.



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