



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

By Kathryn Budig

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

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.

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Editorial Review

Review

"I absolutely love Kathryn's spirit. Her yoga classes keep me in shape, and they also help my soul feel light and happy. The energy that Kathryn extends is contagious and her book, *Aim True* is filled with love and fun. It's amazing!" (**Rachel Platten, singer-songwriter**)

"Kathryn has helped me add strength and flexibility to my body, especially after having a baby, with fun and personalized workouts. I look forward to our sessions and feeling great about my body!" (**Giada De Laurentiis, Food Network Host**)

"It is a blessing and a treat to escape into Kathryn's world. Her teaching is restorative to my mind, body, and soul." (**Blake Mycoskie, founder, Toms Shoes**)

"Kathryn Budig is a transformational leader, rockstar yogi and an inspiring force in the world. Her work touches thousands of people worldwide." (**Gabrielle Bernstein, New York Times bestselling author**)

"In an age that increasingly commercializes the ancient practice of yoga, Budig's wholesome, down-to-earth outlook is welcome, sure to aid readers of all shapes and sizes in establishing healthy food and exercise patterns while practicing self-love and acceptance." (**Publishers Weekly**)

ONE OF WELL+GOOD'S 10 MOST EXCITING HEALTHY BOOKS TO READ IN 2016
(**Well+Good.com**)

ONE OF MINDBODYGREEN'S 20 WELLNESS BOOKS WORTH READING IN 2016
(**mindbodygreen.com**)

ONE OF SONIMA'S 100 MOST INFLUENTIAL YOGA TEACHERS IN AMERICA: "Though Kathryn Budig is relatively young (she's only been teaching for 10 years), she is known and celebrated around the world for her accessible and joyous approach, and her strong voice in the body-positive movement."
(**Sonima.com**)

ONE OF MINDBODYGREEN'S 8 INSPIRATIONAL BOOKS TO HELP YOU EMBRACE SELF-LOVE
(**mindbodygreen.com**)

"Whether your goal is to love who you are right now... 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... this guide is as beautiful as it is life-changing." (**Aspire Magazine**)

From the Back Cover

Are You Ready to Discover What *Aim True* Means to You?

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About the Author

Kathryn Budig is the founder of Aim True and author of *The Women's Health Big Book of Yoga*. She teaches weekly online yoga classes at Yogaglo.com and has her own Gaiam instructional DVD, *Aim True Yoga*.

Users Review

From reader reviews:

Todd Grossi:

Book will be written, printed, or outlined for everything. You can realize everything you want by a publication. Book has a different type. We all know that that book is important factor to bring us around the world. Alongside that you can your reading skill was fluently. A publication Aim True: Love Your Body, Eat Without Fear, Nourish Your Spirit, Discover True Balance! will make you to be smarter. You can feel much more confidence if you can know about everything. But some of you think which open or reading any book make you bored. It isn't make you fun. Why they may be thought like that? Have you searching for best book or appropriate book with you?

Jason Nunez:

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Dawn Dustin:

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