

How To Slow Down A Manual Car

Slow Down Slow Down (UK) *The Things You Can See Only When You Slow Down* Slowdown Learning to Slow Down and Pay Attention Why Do Moving Objects Slow Down? *Why Do Moving Objects Slow Down? Slow Down to Speed Up Slow Down to Speed Up* Slow Down Slow Down... Discover Nature in the Park Hurry Up! Slow Down, Sell Faster! *Slowdown Slow Down and Be Here Now* Hurry Up and Slow Down Unforgettable Journeys Slow down a little Slow Down and Grow Something 1,001 Ways to Slow Down *Slowing Down to Run Faster Can't Slow Down* Life in the Sloth Lane Slow Down, Tumbleweed! Slowing Down to the Speed of Life *The Art of Slowing Down The Productivity Slowdown and Its Policy Implications Slow Down* Slow Down... and Sleep Tight Slow Down and Lighten Up The Productivity Growth Slowdown and Capital Accumulation *Fully Grown Cooking Slow* Slow Down *Slowdown in the People's Republic of China Baby Loves the Five Senses: Taste!* The Slow Down Diet Strategic Speed *The Global Trade Slowdown: Cyclical or Structural?* Learning to Slow Down and Pay Attention

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Comprehending as with ease as conformity even more than other will pay for each success. next to, the broadcast as well as keenness of this *How To Slow Down A Manual Car* can be taken as skillfully as picked to act.

Slow Down and Be Here Now Aug 14 2021 Zoom in to watch a hummingbird drink nectar; watch a pea shoot appear; see a little snail as he comes out to drink. With charming text and real science, see nature up close and let it stop you in your tracks, so that you can truly find joy in the present moment.

Slowing Down to the Speed of Life Oct 04 2020 "Age-old wisdom presented in a practical, easy to understand manner that can be utilized by everyone." —Bernie Siegel, M. D., author of *Love, Medicine & Miracles* Newly revised and updated to address the increased stress of our modern times, *Slowing Down to the Speed of Life* by bestselling author Richard Carlson (*Don't Sweat the Small Stuff...and It's All Small Stuff and Don't Get Scrooged*) and Joseph Bailey is the classic guide to creating a more peaceful, simpler life from the inside out. With practical and easy exercises to help you slow down your mind and focus on the present moment, *Slowing Down to the Speed of Life*, in the words of Dan Millman, bestselling author of *Way of the Peaceful Warrior*, is "a life-enhancing book with insightful principles for peaceful and productive living at work and at home."

1,001 Ways to Slow Down Mar 09 2021 This irresistible list book from National Geographic provides lighthearted quick hits of inspiration for those of us who feel overwhelmed--which is to say, all of us. Musings, activity suggestions, and illuminating quotes are paired with whimsical art on themes such as living in the moment, achieving balance, relieving stress, developing patience, and appreciating the world around us. "Slow living" sidebars, such as "Foods to Cook Slowly" and "Things to Do the Old-Fashioned Way," are interspersed throughout the book.

Slow Down to Speed Up Mar 21 2022 Today's leaders have to accomplish more than ever before--and they are expected to get it all done at a breakneck pace. Decisions must be made without delay, results must be rapidly achieved. There is neither mandate nor tolerance for slowing down to think. There's inadequate time to ensure that you're heading in the right direction, building on success and setting yourself and your organization up for maximum outcomes. The results range from ineffective to mediocre to disastrous. In over a decade's work as a leadership expert, advising some of the world's most accomplished Fortune 500

executives, and nearly 20 years as a clinical psychologist, helping people live more successful and fulfilling lives, the author has seen the remarkable impact of slowing down to pause, think, plan... and then act. She calls it Pause. Reflect. Project It's a straightforward approach with the power to catapult careers and transform lives

Fully Grown Feb 26 2020 Most economists would agree that a thriving economy is synonymous with GDP growth. The more we produce and consume, the higher our living standard and the more resources available to the public. This means that our current era, in which growth has slowed substantially from its postwar highs, has raised alarm bells. But should it? Is growth actually the best way to measure economic success—and does our slowdown indicate economic problems? The counterintuitive answer Dietrich Vollrath offers is: No. Looking at the same facts as other economists, he offers a radically different interpretation. Rather than a sign of economic failure, he argues, our current slowdown is, in fact, a sign of our widespread economic success. Our powerful economy has already supplied so much of the necessary stuff of modern life, brought us so much comfort, security, and luxury, that we have turned to new forms of production and consumption that increase our well-being but do not contribute to growth in GDP. In *Fully Grown*, Vollrath offers a powerful case to support that argument. He explores a number of important trends in the US economy: including a decrease in the number of workers relative to the population, a shift from a goods-driven economy to a services-driven one, and a decline in geographic mobility. In each case, he shows how their economic effects could be read as a sign of success, even though they each act as a brake of GDP growth. He also reveals what growth measurement can and cannot tell us—which factors are rightly correlated with economic success, which tell us nothing about significant changes in the economy, and which fall into a conspicuously gray area. Sure to be controversial, *Fully Grown* will reset the terms of economic debate and help us think anew about what a successful economy looks like.

Slowdown Jul 25 2022 The end of our high-growth world was underway well before COVID-19 arrived. In this powerful and timely argument, Danny Dorling demonstrates the benefits of a larger, ongoing societal slowdown. Drawing from an incredibly rich trove of global data, this groundbreaking book reveals that human progress has been slowing down since the early 1970s. Danny Dorling uses compelling visualizations to illustrate how fertility rates, growth in GDP per person, and even the frequency of new social movements have all steadily declined over the last few generations. Perhaps most surprising of all is the fact that even as new technologies frequently reshape our everyday lives and are widely believed to be propelling our civilization into new and uncharted waters, the rate of technological progress is also rapidly dropping. Rather than lament this turn of events, Dorling embraces it as a moment of promise and a move toward stability, and he notes that many of the older great strides in progress that have defined recent history also brought with them widespread warfare, divided societies, and massive inequality.

Slow Down Jan 19 2022 Slow down to watch 50 nature stories that command calm and foster mindfulness. All around us, nature is working wonders. Every day, hour by hour, magical transformations happen right in front of you. But it's not always easy to see them . . . In this beautiful illustrated collection, 50 moments in nature are paused for you to watch them in detail. Then you should go outside, and explore, and see what you find when you take the time to slow down. Gorgeously illustrated, this charming collection celebrates the small wonders happening all around us every day.

Slow Down to Speed Up Feb 20 2022

Slow Down (UK) Sep 27 2022 All around us, nature is turning, growing and working. Every day, hour by hour, magical transformations happen right in front of you. But it's not always easy to see them. Discover 50 nature stories, paused just long enough for you to watch them unfold. Then go outside and explore and see what you find when you take the time to slow down.

Slow Down and Grow Something Apr 10 2021 Backyards, rooftops, courtyards and balconies are sprouting with herbs, ballooning with fruit and bursting with vegies across our urban landscapes. Slowly, but we certainly believe surely, people are embracing the joy of gardening and the more relaxed lifestyle it brings. There is a change in the air and we are excited to watch it unfold. Enter the completely addictive world of urban growing, where you can pocket a slice of farm life in the city, even if just for a few minutes a day. Growing your own lemongrass for a mojito or rhubarb to make jam isn't just about producing food,

rewarding though that is. It's an antidote to the relentless pursuit to 'do it all'. It doesn't matter the size of your space, or your skill, the garden is a place for everyone. Expert horticulturalist Byron Smith has created urban food oases in even the tiniest of plots and in this book he gives you the know-how to grow your favourite ingredients as well as killer recipes to make the most of your harvest. So tuck this book under your arm and grab a beverage with the other - the time to slow down and grow is now. The good life is waiting for you.

Learning to Slow Down and Pay Attention Jun 19 2019 Offers guidelines for children with ADHD to help them improve their coping skills, and includes tips and resources for parents.

The Productivity Growth Slowdown and Capital Accumulation Mar 29 2020

Slowdown Sep 15 2021 The end of our high-growth world was underway well before COVID-19 arrived. In this powerful and timely argument, Danny Dorling demonstrates the benefits of a larger, ongoing societal slowdown Drawing from an incredibly rich trove of global data, this groundbreaking book reveals that human progress has been slowing down since the early 1970s. Danny Dorling uses compelling visualizations to illustrate how fertility rates, growth in GDP per person, and even the frequency of new social movements have all steadily declined over the last few generations. Perhaps most surprising of all is the fact that even as new technologies frequently reshape our everyday lives and are widely believed to be propelling our civilization into new and uncharted waters, the rate of technological progress is also rapidly dropping. Rather than lament this turn of events, Dorling embraces it as a moment of promise and a move toward stability, and he notes that many of the older great strides in progress that have defined recent history also brought with them widespread warfare, divided societies, and massive inequality.

Why Do Moving Objects Slow Down? Apr 22 2022 Describes friction, explains why smooth and rough surfaces provide different levels of friction, and includes information on air resistance and lubrication.

Slowing Down to Run Faster Feb 08 2021 A trainer and former triathlete shows you how to achieve the results you want with a new multidisciplinary approach Why does trying harder sometimes become an exercise in futility? Why does following "expert advice" often lead to little or no improvement? What if there were an efficient way of learning that could be applied to every area of human experience? Drawing from the principles of Bagua, Taichi, and Feldenkrais, Edward Yu presents an innovative approach to running: power, speed, and agility are more related to your ability to sense your own body than to willpower or raw talent. Centering the art of running as an explorative, creative, and somatic-based practice, Yu shows us how to run faster by learning to become more sensible--that is, more sense-able--through the playful and systematic exploration of movement.

Hurry Up and Slow Down Jul 13 2021 Hare is always raring to go. He races through the day while the ever-patient Tortoise does his best to keep up. Hare, it certainly seems to Tortoise, has boundless energy. So Tortoise has plans for when it is time for Hare to go to bed - a well-deserved rest with a cup of chamomile tea! And, for the first time in the day, it is Tortoise who is in a hurry. He reads speedily, with one eye on his cuppa. But Hare has other ideas. As far as he is concerned, when it's time for his bedtime story from Tortoise, he is no longer in a hurry. In fact he wants to take all the time in the world and linger over every picture. After all, some things just shouldn't be rushed! Toddlers will love this simple story, with its cosy farmland setting and lovable characters. And while adults are reading a story that highlights the differences between the energetic and impetuous Hare and the rather more circumspect Tortoise, they will no doubt smile as they recognise the parallels with their own experiences of childcare!

Life in the Sloth Lane Dec 06 2020 WHY ARE SLOTHS ALWAYS SMILING? Perhaps it's because they've mastered the art of taking it slow in a world whose frenzied pace is driving the rest of us crazy. Here, in a mindfulness book like no other, heart-tuggingly cute photographs of these always-chill creatures are paired with words of wisdom, all to inspire us to slow down, stop to enjoy the little things, and come up relaxed, centered, and smiling.

Hurry Up! Nov 17 2021 A busy boy and his dog learn to slow down and enjoy life together in this lyrical, rhyming picture book perfect for hurried families everywhere. For one busy boy, life is all hurry up, hurry down, hurry round and round and round! That is until he takes a big breath...and a big break...and slows down to see all the wonderful things in the world around him. From celebrated picture book creators Kate

Dopirak and Christopher Silas Neal, this playful yet powerful picture book reminds us to be present, to be mindful, and to appreciate each moment.

Slow Down Jul 01 2020 The Fastest Way to Get Everything You Want

Slow Down... Discover Nature in the Park Dec 18 2021 Bring calm with short stories for little ones

Slow Down, Sell Faster! Oct 16 2021 The biggest mistake salespeople make in their careers is equating a faster pitch with a faster close. Author Kevin Davis shows readers how to slow down and focus on the customer buying process, so they can identify and quantify customers' real needs--and adapt their sales pitches accordingly. Slow Down, Sell Faster! does this by introducing a simple yet powerful method for buyer-focused selling that is practical, repeatable, and easily customizable. This buyer-focused approach extends to proposals and presentations, loyalty and retention, and, of course, cultivating more business. Each step in the book corresponds to a role you should adopt to meet customers' needs at each stage of the buying process. Increasing sales is not just about learning more sales techniques; it's about understanding the buying process--from your customer's point of view. Packed with examples from the author's extensive experience and detailed research on customer buying patterns, Slow Down, Sell Faster! offers an alternative to traditional selling that leads to increased sales--and happier customers.

Learning to Slow Down and Pay Attention Jun 24 2022 Discusses ADHD in children.

Strategic Speed Aug 22 2019 "Where urgency meets execution. This book helps leaders tackle their greatest challenge: turning plans into action, fast."---Walt Macnee, President, International Markets, MasterCard Worldwide "A refreshing new view on strategy: how leaders can execute strategy through people, and what makes some companies faster and more agile than others."---Isobel Peck, Chief Marketing Officer, Informa "In Strategic Speed, we finally get the implementation model that needs to go with the strategy."---Lean Schlesinger, President, Babson College "This book is packed with great insights and practical tools. Read it, use it, and gain strategic speed."---Craig Wortmann, CEO, Experience LLC, and author of What's Your Story? "The framework, case examples, and tools equip leaders to embrace and execute strategic speed."---Noel Tichy, professor and director, Global Citizenship Initiative at the University of Michigan; and coauthor (with Warren Bennis) of Judgment "I urge executives everywhere to read this book. It's filled with valuable insights and actionable best practices that every company will benefit from."---Douglas Anderson, President and CEO, Carlson Wagonlit Travel "Davis, Frechette, and Boswell make things just as Einstein requested: simple, without being simplified. They identify predictable change management traps and provide useful frameworks for avoiding them."---Amy C. Edmondson, Novartis Novartis Professor of Leadership and Management, Harvard Business School "The magic is in the execution. Strategic Speed provides relevant business cases and practical suggestions to create that magic and deliver real outcomes."---Catriona Noble, Managing Director, McDonald's Australia

Slow Down, Tumbleweed! Nov 05 2020 Children will see how learning to slow down gives you a chance to notice and appreciate the beauty in the world. In our fast-paced society, children are often missing the value of slowing down. Slow Down, Tumbleweed! is about a wild and roaming tumbleweed who thinks the world is only interesting if you rush through life. Then she gets caught on a fence and is forced to slow down. As she learns to sit in stillness and quiet, Mabel notices the beauty of the world around her—the music of wind chimes, the shapes in the clouds, the long eyelashes of a heifer. She sees there is so much that is interesting and beautiful right here, right now. You don't have to chase it. Slow Down, Tumbleweed! teaches children the importance of slowing down, pausing to take a breath, and cultivating mindfulness. It shows the peace and gratitude you feel when you learn to be calm and open your awareness. This book celebrates all of life—both moving fast and moving slow.

Cooking Slow Jan 27 2020 This tantalizing book celebrates the art of cooking slowly with time-honored methods that yield tender, delicious meals with little hands-on cooking time. More than 80 recipes cover everything from slow-simmered soups and stews to hearty braised meats and a lemon cheesecake that cures to a creamy custard in a warm oven overnight. A chapter devoted to the sous vide technique will tempt the technophiles, while the slow-grilling section is a revelation for those who man the grill every weekend. Brought to life with 36 enticing photographs by award-winning photographer Alan Benson, this valuable package sells the dream of cooking and living well and is a must-have for dedicated home cooks.

Can't Slow Down Jan 07 2021 A Rolling Stone-Kirkus Best Music Book of 2020 The definitive account of pop music in the mid-eighties, from Prince and Madonna to the underground hip-hop, indie rock, and club scenes Everybody knows the hits of 1984 - pop music's greatest year. From "Thriller" to "Purple Rain," "Hello" to "Against All Odds," "What's Love Got to Do with It" to "Wake Me Up Before You Go-Go," these iconic songs continue to dominate advertising, karaoke nights, and the soundtracks for film classics (Boogie Nights) and TV hits (Stranger Things). But the story of that thrilling, turbulent time, an era when Top 40 radio was both the leading edge of popular culture and a moral battleground, has never been told with the full detail it deserves - until now. **Can't Slow Down** is the definitive portrait of the exploding world of mid-eighties pop and the time it defined, from Cold War anxiety to the home-computer revolution. Big acts like Michael Jackson (Thriller), Prince (Purple Rain), Madonna (Like a Virgin), Bruce Springsteen (Born in the U.S.A.), and George Michael (Wham!'s Make It Big) rubbed shoulders with the stars of the fermenting scenes of hip-hop, indie rock, and club music. Rigorously researched, mapping the entire terrain of American pop, with crucial side trips to the UK and Jamaica, from the biz to the stars to the upstarts and beyond, **Can't Slow Down** is a vivid journey to the very moment when pop was remaking itself, and the culture at large - one hit at a time.

The Art of Slowing Down Sep 03 2020

The Things You Can See Only When You Slow Down Aug 26 2022 The multimillion-copy bestselling book of spiritual wisdom about the importance of slowing down in our fast-paced world, by the Buddhist author of *Love for Imperfect Things* "Wise advice on how to reflect and slow down." —Elle Is it the world that's busy, or is it my mind? The world moves fast, but that doesn't mean we have to. This bestselling mindfulness guide by Haemin Sunim (which means "spontaneous wisdom"), a renowned Buddhist meditation teacher born in Korea and educated in the United States, illuminates a path to inner peace and balance amid the overwhelming demands of everyday life. By offering guideposts to well-being and happiness in eight areas—including relationships, love, and spirituality—Haemin Sunim emphasizes the importance of forging a deeper connection with others and being compassionate and forgiving toward ourselves. The more than twenty full-color illustrations that accompany his teachings serve as calming visual interludes, encouraging us to notice that when you slow down, the world slows down with you.

Slow Down Dec 26 2019 *The Things You Can See Only When You Slow Down: How to Be Calm in a Busy World.* 110 Pages. 6*9 inch size.

Baby Loves the Five Senses: Taste! Oct 24 2019 Big, brainy science for the littlest listeners. Accurate enough for experts, yet simple enough for baby, this clever board book explores the science of taste. Beautiful, visually stimulating illustrations complement age-appropriate language to encourage baby's sense of wonder. Parents and caregivers may learn a thing or two as well.

Unforgettable Journeys Jun 12 2021 Escape the frenetic modern world and embark on a journey of a lifetime. Ever dreamed of walking the Camino de Santiago, driving Route 66 or riding the Trans-Siberian Railway? It may sound clichéd, but sometimes it really is all about the journey, rather than the destination and what better way to see the world than by moving through it. If setting out on an adventure is on your bucket list, but you don't know where to start, **Unforgettable Journeys** will have you lacing up your hiking boots, hitting the road or taking to the high seas. Encompassing everywhere from Antarctica to Zambia, over 200 hikes, drives, cycling trails, train routes and boat trips are brought to life with inspiring narrative, sumptuous photography and illustrative maps. We even suggest alternative routes, so it's easy to plan your next trip. Make your next trip magical as you explore: - Over 200 journeys illustrated with inspiring photography and maps - Experiential text to transport the reader there; descriptive, narrative and full of story - Practical information (duration, difficulty, start and end point, options to take an organized tour – if available – or go it alone). - Sustainable and slow travel options have been covered where possible - Feature boxes give the routes context - Alternative ways to make the same journey and similar trips are pulled out Organized by type of trip – cruises, road trips, train rides, and journeys by two feet and two wheels, each chapter follows the same geographical order with chapter maps showing every country covered. Each section covers a different way to travel the world and is broken down by continent. Whether you want to explore the Atlas Mountains or Torres del Paine on foot; drive the Pan American Highway or cross the

Australian Outback; cycle from the top to the bottom of Africa or enjoy a leisurely ride across The Netherlands' bulb fields; go interrailing around Europe or board the Orient Express; island hop in Greece or the Philippines: these journeys will stay with you forever!

Slow Down and Lighten Up Apr 29 2020 What would it be like to be stress-free? Learn how to restore balance to body, mind and emotions by applying three principles that are consistently effective in preventing stress and solving problems. You'll understand how it works in clear, simple terms and enjoy reading stories and personal experiences from 40 years of counseling and teaching.

Slow Down... and Sleep Tight May 31 2020 The sun is getting low, and moon is on her way. It's time to slow things down... and hug this lovely day. Bring calm to bedtime with this gentle lullaby, as you say goodnight to nature's daytime and welcome the night. Inspired by the bestselling *Slow Down* with delightful illustrations by Freya Hartas.

Slowdown in the People's Republic of China Nov 24 2019 The economy of the People's Republic of China (PRC) has surged almost 10% annually since economic reforms began in 1978, ensuring the PRC's position as an engine of global growth. But by 2016 growth slowed to less than 7%. Is it a structural or cyclical slowdown? If structural, the implications for growth, trade, and investment in other Asian economies will be significant. This book (i) explains the long-term slowdown in advanced Asian economies and what it means for the PRC; (ii) assesses the structural factors shaping the PRC economy and how they will influence its growth over the next decade; (iii) shows how growth, trade, investment, and employment in emerging Asian economies could be impacted; and (iv) evaluates policies that could offset some of the negative factors.

The Global Trade Slowdown: Cyclical or Structural? Jul 21 2019 This paper focuses on the sluggish growth of world trade relative to income growth in recent years. The analysis uses an empirical strategy based on an error correction model to assess whether the global trade slowdown is structural or cyclical. An estimate of the relationship between trade and income in the past four decades reveals that the long-term trade elasticity rose sharply in the 1990s, but declined significantly in the 2000s even before the global financial crisis. These results suggest that trade is growing slowly not only because of slow growth of Gross Domestic Product (GDP), but also because of a structural change in the trade-GDP relationship in recent years. The available evidence suggests that the explanation may lie in the slowing pace of international vertical specialization rather than increasing protection or the changing composition of trade and GDP.

Slow down a little May 11 2021

Slow Down Oct 28 2022 The days are long, but the years are short. No matter if it's your child's first step, first day of school, or first night tucked away in a new dorm room away from home, there comes a moment when you realize just how quickly the years are flying by. Christian music artist Nichole Nordeman's profound lyrics in her viral hit "Slow Down" struck a chord with moms everywhere, and now this beautiful four-color book will inspire you to celebrate the everyday moments of motherhood. Filled with thought-provoking writings from Nichole, as well as guest writings from friends including Shauna Niequist and Jen Hatmaker, practical tips, and journaling space for reflection, *Slow Down* will be a poignant gift for any mom, as well as a treasured keepsake. Take a few moments to reflect and celebrate the privilege of being a parent and getting to watch your little ones grow—and *Slow Down*. Nichole Nordeman has sold more than 1 million albums as a Christian music artist and has won 9 GMA Dove Awards, including two awards for Female Vocalist of the Year and Songwriter of the Year. Nichole released a lyric video for her song "Slow Down," and it struck a chord with parents everywhere, amassing 14 million views in its first five days. She lives in Oklahoma with her two children.

The Productivity Slowdown and Its Policy Implications Aug 02 2020

Why Do Moving Objects Slow Down? May 23 2022 A baseball player slides on the ground to tag a base. A toy car's wheels rub against the floor and slow the toy car down. Friction is at work all around you. But what exactly is friction? And how does it affect different objects? Read this book to find out! Learn all about matter, energy, and forces in the Exploring Physical Science series—part of the Lightning Bolt Books™ collection. With high-energy designs, exciting photos, and fun text, Lightning Bolt Books™ bring nonfiction topics to life!

The Slow Down Diet Sep 22 2019 A revolutionary approach to enhancing metabolism that enables lasting weight loss and facilitates spiritual well-being • Presents an eight-week weight-loss program • Explains how relaxed eating stimulates metabolic function and how stress hormones encourage weight gain • Shows how fully enjoying each meal is the optimal way to a healthy body Our modern culture revolves around fitting as much as possible into the least amount of time. As a result, most people propel themselves through life at a dizzying pace that is contrary to a healthy lifestyle. We eat fast, on the run, and often under stress, not only removing most of the pleasure we might derive from our food and creating digestive upset but also wreaking havoc on our metabolism. Many of us come to the end of a day feeling undernourished, uninspired, and overweight. In this 10th anniversary edition, Marc David presents a new way to understand our relationship to food, focusing on quality and the pleasure of eating to transform and improve metabolism. Citing cutting-edge research on body biochemistry as well as success stories from his own nutritional counseling practice, he shows that we are creatures of body, mind, and spirit and that when we attend to these levels simultaneously we can shed excess pounds, increase energy, and enhance digestion to feel rejuvenated and inspired. He presents an eight-week program that allows readers to explore their unique connection to food, assisting them in letting go of their fears, guilt, and old habits so they can learn to treat their bodies in a dignified and caring way. He reveals the shortcomings of all quick-fix digestive aids and fad diets and debunks common nutrition myths, such as “the right way to lose weight is to eat less and exercise more.” He shows instead how to decrease cortisol and other stress hormones and boost metabolic power through proper breathing and nutritional strategies that nourish both the body and soul, proving that fully enjoying each meal is the optimal way to a healthy body. Drawing on more than 30 years of experience in nutritional medicine, the psychology of eating, and the science of yoga, Marc David offers readers practical tools that will yield life-transforming, sustainable results.