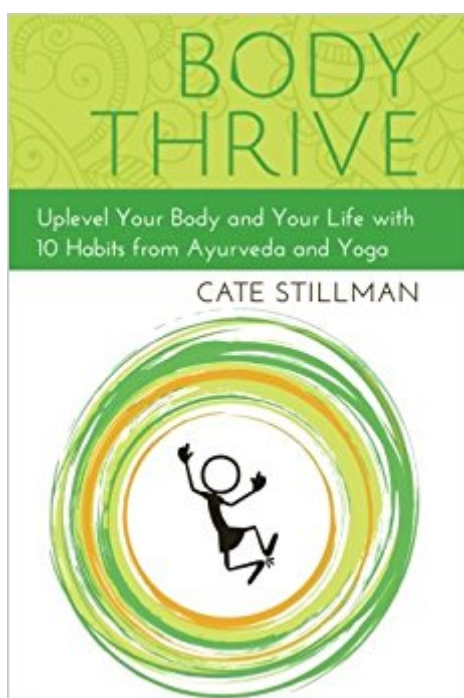


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# Body Thrive: Uplevel Your Body And Your Life With 10 Habits From Ayurveda And Yoga



## Synopsis

Body Thrive applies the most essential teachings of Ayurveda into a modern life by decoding the teachings into habits. Ayurveda is the perennial body wisdom tradition that co-arose with yoga, the path of living awake. Here lies a simple body habits curriculum that every person can learn as a child, master as an adult, and refine as an elder for their body to thrive. Check out more at [www.bodythrive.com](http://www.bodythrive.com)

## Book Information

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## Customer Reviews

Cate Stillman has organically grown Yogahealer.com since 2001 as a hub for a practical, planetary and evolutionary approach to Ayurveda. She hosts a weekly podcast, The Yogahealer Real Life Show. Cate founded the Worldwide Association of Yoga Health Coaching for wellness experts and yoga teachers to coach their clients into the habits of thrive via integrating Ayurveda with behavioral science and evolutionary group dynamics. She spends summers in Idaho/Wyoming border and winters on the Pacific coast of Mexico with her husband and girl.

I've read several books on how to incorporate ayurveda into modern life the last few months. I liked the gradual approach here. She recommends reading a chapter a week, each time tuning up to add a new habit to your routine. Although I had already started a few, the gradual approach to new routines helped me stick with it, even without a "support group." Stillman is practical and knowledgeable. The only negative thing I have to say is that the kindle version was not well proof-read. This is nothing major, but the editors may want to have a look... The content, however,

is still good.

It has been an eye opening, overwhelming experience delving into Ayurveda with Cate Stillman's book and videos. At age 67 I thought I had a fairly good idea how my body worked ... boy, was I wrong! I love the teaching style and clear, concise teaching Cate provides. I will be learning and enhancing my life thanks to my fortune finding Cate!!

"Body Thrive" provides a solid template for understanding and implementing habits for optimizing health. The book takes an engaging and interesting approach to both healthful habits and implementing them. Cate combines personal anecdotes, observations and Ayurvedic wisdom skillfully. There is an entire chapter devoted to "habit evolution," tested approaches to effectively changing behaviors based on industrial history, Ayurvedic tradition and social science. Each of the ten habits is explained in an understandable and approachable manner. Cate provides an approach to the habits that would allow anyone to start the program, even if it is in a small way. For listeners of the Yogahealer Podcast, Cate Stillman's written voice reads exactly like her spoken voice sounds. Cate also provides a helpful workbook in .pdf format to accompany the book on her Body Thrive website. I am only partway through week two of a ten week program and I am already seeing results.

Body Thrive brings deep Ayurvedic wisdom down-to-earth. Cate's writing is not only philosophically rich but also darn right enjoyable...she translates esoteric concepts into accessible and desirable habits for living. Even more profoundly, Body Thrive will continue to uplift bodies, minds, and spirits long into the future...with each reading and application, the Ten Habits become more refined, deepened and healing. I particularly appreciate how Body Thrive integrates contemporary social psychological understandings. The exercises delicately address how the individual is influenced by society/culture and vice versa. Changes in behavior and lifestyle require attention to the active role that individuals and communities play in supporting new habits and self-concepts. Cate's teachings are gentle, learned, profound...this work is truly a gift to the world!

Body Thrive is a game changer! In her book, Cate coherently organizes and lays out the most simple and powerful habits for shifting into optimal body mind integrity. As a long time yoga and meditation practitioner, I have strived for health and balance for years. Yet, even with many years of doing these practices, I still felt imbalanced. I suffered from sleep issues and poor digestion. Thanks

to Body Thrive, I have learned the tools and habits to align with nature's rhythms. I now understand what my body needs to thrive. I honor nature's cycles and now regularly enjoy excellent rest and healthy digestion.

I love this book! Approachable, clear, fun way to get into Ayurveda and self-healing. Even adopting one or two of the "habits" will improve your life. I love the "kaizen" approach Cate preaches - start with the smallest change you can make and work your way up. Set your self up for success, not failure. I have been in a book club with a wonderful teacher, Andrea, working on these habits for 8 weeks now and I can't wait to continue and keep learning about Ayurveda.

this book is supposed to be teaching about the different cycles in life and I'm fascinated

This is a book that is relatable & informative. It inspires the reader to check their current daily habits and to ask oneSelf are there any habits I can uplevel to help my body, mind, & spirit thrive and live more consciously? Even if you already think you have mastered your day-to-day, it's a nice read and a great reminder to periodically check in with yourSelf and your habits. It's got a down-to-earth vibe that just feels real. I highly recommend it.

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