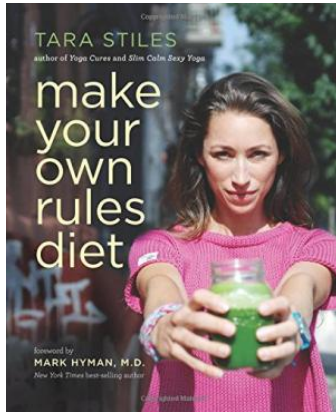


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## MAKE YOUR OWN RULES DIET



Hay House Inc. Paperback. Book Condition: new. BRAND NEW, Make Your Own Rules Diet, Tara Stiles, In Make Your Own Rules Diet, Tara Stiles introduces you to easy and fun ways to bring yoga, meditation and healthy food into your life. As the designer and face of Reebok's first yoga lifestyle line, author of Yoga Cures and Slim, Calm, Sexy Yoga, and the founder of Strala - the movement-based system that ignites freedom, known for its laid-back and unpretentious vibe...

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