



Summary of Pretty Happy: By Kate Hudson - Includes Analysis (Paperback)

By Instaread

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Summary of Pretty Happy by Kate Hudson | Includes Analysis Preview: Pretty Happy by Kate Hudson is a nonfiction diet and lifestyle guide, in which Hudson imparts hard-won wisdom about self-care practices that have helped her feel more integrated physically, mentally, and emotionally. Hudson gives readers the practical strategies that have worked for her in terms of maintaining her weight, health, and positive mindset, and is enthusiastic about encouraging others to adopt and commit to a wellness regimen that works for their individual personality. She does not position herself as an authority on anyone's life but her own. A holistic approach to wellness draws from the disciplines of nutrition, positive psychology, exercise science, and physiology. Learning about the Ayurvedic tradition, a whole-body healing system that was developed thousands of years ago in India, can also provide useful information about how to eat, exercise, and troubleshoot physical and mental problems
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