

# FIND YOUR FLEXIBLE WARRIOR

Think, Stretch and Eat for  
Balance and Resilience

Karen Dubs

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Find Your Flexible Warrior: Think, Stretch and Eat for Balance and Resilience



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Think, Stretch and Eat for more Versatility, Balance and Resilience. re teaching your mind, feeding on well and incorporating recovery schooling, you may not feel your best. You can train your body hard, but unless you' Simple adjustments in the foods you eat as well as your self-care routine will help you: Balance your willpower and strength with chillpower and flexibility; Create a more resilient and adaptable body and mind; Speed recovery, boost performance and increase your versatility Reduce stiffness and improve health with anti-inflammatory superfoods; Karen Dubs has helped many professional and amateur sports athletes enhance their flexibility with the easy methods she learned after being identified as having a chronic disease. Discover stretching and other techniques to enhance well-becoming. Whether you are dealing with an illness, are a stay-at-home mother, a corporate executive, or an athlete, the techniques in this publication will support you on your own journey to think just like a warrior, protect just like a warrior, and eat just like a warrior. The Versatile Warrior approach she created includes self treatment, yoga and diet and can help you find more balance, health and peace. Versatility is Power... in the way you think, move and fuel the body.



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A flexible arrange for life I have already been using Flexible Warrior videos for years. As a Master cyclist I am generally researching to improve versatility and reduce inflammation. Karen challenged me to read her book. :) Inspiring and informative! 'Be Flexible' was the very best message I took from Karen's prose! The author discusses how we can find our own personal strength and purpose, while also balancing it with the opposite quality of letting move of what's beyond our control. Strongly suggested! Since reading this publication, I have abandoned diet sodas and alcohol. I have also reduced sugar usage. I've known Karen for over ten years, and she practices exactly what she writes about in this reserve. I adhere to her JERF mantra (you'll have to read the publication to find out what that means). Her book contains many references to the task of others, some of which I also have followed. This is a great book for anyone thinking about ways to support their well-being and health. You will take away something out of this book that will improve and extend your daily life. The last quote of the reserve, " Be soft with yourself" displays her method of healthy eating, easing into a routine to really get your body shifting, and tending to your core. I'm changing my life. I'm learning how to find self like and inner peace. That is a extremely balanced lifestyle .Book is easy to learn and it's hard to put down once you begin it. Her self treatment recommendations were so in depth, that you possess the chance to individualize your journey to good health. The combination of willpower and "Chillpower" is brilliant and empowering. An excellent resource, useful info and amazing insight! Good solid writing from an author who knows her topics ... Good solid composing from an author who knows her topics forward and backward! An easy read, yet while offering important info for our mind, body and soul. .We highly recommend this book for anyone seeking greater feeling of personal power, mindfulness, and balance. Willpower and Chillpower! This is actually the definition of Karen's "Flexible Warrior," which is a concept addressing flexibility of your body, brain, and spirit in supreme balance. diet plan and self-care. This is the practice of resiliency/flexibility. From the guy who doesn't like to read and exactly who has the attention span of . Numerous self-care methods are highlighted, as well as the best ways to bring strength, versatility, and peace into your personal life, regardless of the most difficult of circumstances that could exist. The author introduces a multitude of possibilities, from scientific yet simple dietary recommendations to yoga exercise "off the mat," but continually encourages keeping it well balanced and stress-free of charge. Through this contemporary approach towards our own self-development coupled with excellent self-care, the writer shares how we can become aligned with our highest values and guided towards our supreme purpose!. You may be inspired! Time for all of us all to be flexible warriors! I love this book!" That is the sense that exudes as you browse this wonderful book about healing body, mind, and spirit and locating balance in our hectic lives. It will certainly help me to continue on the road of self-growth and discovery. If we believe we are flexible warriors, we are, and we will live a lifestyle that encourages our strength in everything we believe or do. We all need a small "willpower" and "chillpower," because the author phone calls it, to be a flexible warrior in existence. I recommend this reserve to individuals who want support. That is a book that everyone can reap the benefits of regardless of where they're on the fitness continuum, and something which can be referred back to over and over again. Karen's way of weaving her strong understanding of yoga, nutrition, personal care, and integrative wellness with her many years of experience and training is brought together in this valuable gem of a publication. Five Stars  
Awesome book Willpower and Chillpower--a perfect combination! It really is well written, filled with holistic concepts, and you just can't put down! The perfect go-to guide for fueling inspired and authentic living! "I am a Flexible Warrior! Inspiring and informative, this book provides info that empowers the reader to put into action simple solutions to optimize health while finding a balance in lifestyle. Karen Dubs writes from the heart in this beautiful guidebook that nurtures the complete

person because they find their flexible warrior. The text messages of balance, resilience, and respect for our specific needs, coupled with a wealth of engaging tips, information, and insights on yoga exercise, nutrition, massage and curing modalities get this to book my "go-to" for fueling inspired and authentic living. In addition to the authors personal engaging voice, additionally, there are fantastic quotes throughout the book. I love just how she shares her passion for yoga exercises and her "off the mat" yoga tips, where we have been mindful of keeping health insurance and balance in life and not simply on the mat. She presents many choices which you can use or not. Her version of self-care doesn't leave the reader feeling panicked and inadequate like many personal improvement books Karen Dubs provides packed this slim, easy-to-read publication with practical ways to improve physical, mental, and spiritual health. Her edition of self-care doesn't leave the reader feeling panicked and inadequate like many self improvement books! Her tone is certainly uplifting and her guidance is accessible. I'm learning how to find self love and internal peace We are loving this book. Stick to the Path Karen's reserve is relatable and filled with anecdotal stories that capture and keep my attention on the right track. An informative reserve that relays the reasons behind taking care of my body, brain, and spirit. I was truly inspired by the authors issues, how she embraced them, along with her innovative and holistic strategy towards healing. The writer reminds us that what we believe is as important as what we do. Thanks, Karen! I browse it at the beach this summer in three days and it was extremely relaxing and caused me to think about solid options that are offered in life. Karen Dub's conversational writing makes the book easy to digest. Many health coaches today possess a dogmatic approaches that many people discover hard to stick to or follow. Instead, Dubs advises us to get balance, listen to the body, and test out different methods and see what really works best for you. She uses her own personal journey to guide the reader through numerous alternative healing practices that may work for you. By scanning this motivational book, the reader will come away with an exciting model for being the best one can become and living one's lifestyle authentically. Well-written and highly recommended for anyone searching to gain a greater sense of power, self-awareness, stability, and self-actualization in one's life.. From the guy who doesn't prefer to read and who have has the attention span of a gnat, I must give Karen a ton of credit for getting in a position to keep my interest throughout the entire book. This a great book for yoga enthusiasts This a great book for yoga aficionados, athletes and anyone attempting to enhance their health holistically. I've lost 5 pounds (Not a huge deal, from 158 to 153) and reduced body fat from 9% to 7% (thats relative on my scale). Chillpower could be one of the greatest words I have ever heard! Now easily could develop some, I might be able to get a little bit of the peace that she's in her lifestyle. The cool point is, I will have a good point of reference to think it is! Thanks K-Dubs!



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