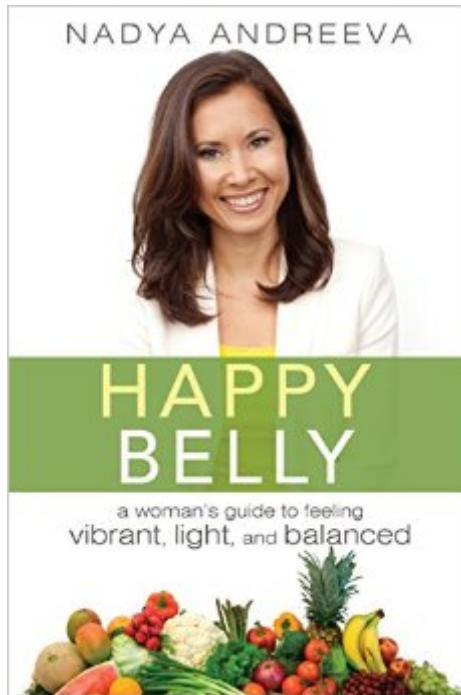


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# Happy Belly: A Woman's Guide To Feeling Vibrant, Light, And Balanced



## Synopsis

Happy Belly Guide is your personalized roadmap to rediscover the joy of having a healthy relationship with food while enjoying the benefits of efficient digestion. Using the wisdom of Ayurveda, mindfulness and psychology, Nadya Andreeva created the Happy Belly guide which is designed to help women heal their digestive issues, find foods that address their body's unique needs and change habits that are destructive to the body. Happy belly is jam-packed with practical living and eating tips, journaling exercises, and ancient knowledge of Ayurveda that will help you create a personalized approach to food based on combining outer and inner wisdom. This book is not a diet plan, not a cookbook. It is a manual on how to create a better relationship with your body and your digestion through building awareness, understanding, and an open dialogue. Using her own experience and knowledge gained from working with hundreds of women in her private wellness coaching practice Nadya Andreeva encourages readers to find their own balanced approach to eating that helps their digestion. This personalized approach stems from an open communication and collaboration of our logical intelligent mind and our wise intuitive body. You will discover:

- How to reduce and prevent post meal bloating and help your stomach be regular.
- Overcome emotional eating, overeating, and bingeing that are overloading digestion and create a negative internal dialogue
- Easy to digest foods that help to soothe a sensitive and irritated gut while providing nutrient-rich source of energy and satisfaction
- Tips for treating food with love and being able to treat yourself to any food as long as you know how to balance it out
- How to use your mind and emotions to help your body heal
- How to deal with one of the main enemies of an efficient digestion - stress

You will also get access to multiple materials online available for a free download with the books purchase

## Book Information

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## Customer Reviews

I have been on a self-discovery and lifestyle improvement journey for the past several years. During this time I have come across different challenges on habits I have and my relationship with food to figure out how I can heal and have a happier lifestyle. I realized there are so many things involved in creating a healthy digestion and it is definitely a journey, filled with many experiments. I LOVE LOVE LOVE the Happy Belly Guide because it touches upon all of the necessary components of life that affect our well-being. There are many books out there but reading all of them can be time consuming, while Happy Belly sums up the most important things we need to focus on and the key is to stay mindful throughout the whole process. There are some wonderful ideas I have learned from the book and I have started to incorporate in my own lifestyle. Here is what I have learned and has helped me the most from reading Happy Belly: 1. Developing food sensitivities have a close relationship with my cravings but my body has the extraordinary power to heal, so I can enjoy them again instead of completely restricting myself from what I love. 2. Gaining a new perspective on nourishing my body and listening to what it needs. The more love, care and appreciation I show for it NOW, the more it supports me and guided my life in manifesting miracles, beyond what my mind can see. This has helped me feel more grounded and emotionally balanced. 3. Happy Belly offers great insights about the quantity of food we eat, and despite what is labeled as 'healthy', if consumed in large quantities it can still make us feel sick.

Full disclosure, I attended the Happy Belly book launch party and got the book at her event, not from as I usually would've. I love her book, it is so full of really easy to understand explanations of what might be happening to our bodies, the choices we make and possible reasons why. Why we can "suddenly" feel uncomfortable in our belly and what we can do about that on a daily basis to minimize or avoid those situations completely. I've been trying to get myself on track for a little while now, and her blog has been so helpful and a joy to discover and savor. I especially appreciate her down to earth, gentle and supportive personality infused throughout! I'm really interested by Ayurvedic principles now and am grateful that her blog doesn't "push" vegan or vegetarian lifestyles. I prefer her recommendation of really listening to what "your own body" needs to feel

optimally healthy and happy ! Luckily the Happy Belly book teaches us how we can do that! Yaaay! March 24, I was wrong, partially, about loving the book. Let me explain. In my first review, I was on a high, sort of... Excited from the launch party, great food, friends and seeing Nadya ( radiant ! ) in person, I devoured the book immediately, like kids on Christmas Day! Since then, I have been re-reading " Happy Belly " but this time, mindfully, taking the time to fully " digest" what the author is saying. My advice, if you have a tendency to skim or speed-read, Don't ! not with this book, you may miss the many pearls of wisdom woven throughout and that would be a true loss! If you are ready to make some real changes and willing to let Nadya guide you through the process, you may very well start to fall deeply in love with your new healthy vibrant self! How?

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