



# Think Eat Move Thrive: The Practice for an Awesome Life

*James Rouse, Debra Rouse*

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Forget the fad diets—this program integrates mindfulness, eating with intention, and interval-based movement to help you live an inspired, healthier, and longer life.

In *Think Eat Move Thrive*, Dr. James Rouse and Dr. Debra Rouse offer a simple piece of advice that goes a long way: stop looking at your habits and body as obstacles and start looking *within*. By replacing quick fixes with mindfulness techniques and simple practices, you'll feel better immediately and find lifelong wellness.

Based on science-supported medicine and healthy living research, *Think Eat Move Thrive* provides an easy formula integrating three key components: mindfulness, eating with intention, and interval-based movement. Flexible enough to be personalized for any lifestyle, this program will become as easy and natural as breathing. When we identify the source of our attitudes and redefine our intentions, we can actively move toward realizing our goals.

Complete with practices, recipes, and exercises, *Think Eat Move Thrive* is a proven, life-changing program for optimum wellness and longevity. The time for lasting change is now, and *Think Eat Move Thrive* is your prescription to reclaim the life you've always wanted.

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