

# AMUSE BOUCHE



AMUSE BOUCHE is a complimentary four-chapter mini-course that gives you a taste of the Tonic Digest experience. This course invites you to start living better and looking within. Here, you will uncover some of the fundamental tools, techniques, and philosophies that make up the Tonic Digest experience.

**POSETTA KOUJOU C.H.T. INTEGRATIVE  
HEALTH CONSULTANT AND FOUNDER OF  
TONIC WELLNESS BOUTIQUE**



THE ART OF LIVING WELL  
————— *in a hurry*

# AMUSE BOUCHE

*Posetta Koujou*

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# Introduction

## Amuse Bouche

[ə,mooz'boʊSH] **noun**

Origin: **French**

A small savory item of food served as an appetizer before a meal.

Welcome to the **AMUSE BOUCHE**.

AMUSE BOUCHE is a complimentary four-chapter mini-course that gives you a taste of the Tonic Digest experience. This course invites you to start living better and looking within. Here, you will uncover some of the fundamental tools, techniques, and philosophies that make up the Tonic Digest experience.

—Thinking about enrolling in our complete 10-week mind & body course: ***THE ART OF LIVING WELL, IN A HURRY***, but want a taste before you take the full tonic?

—Need a small but powerful spark to get unstuck in an area of your life?

—Looking for a simple guide for tuning into your body & mind and recorrecting your course?

Then, the **AMUSE BOUCHE** is for you.

# HOW TO USE ---

Print out the Amuse bouche and keep at your bedside.

Each chapter is relatively short, read through it completely 2-3 times before moving on to the next chapter.

Use the guided journal to write down your thoughts.

Journal 5 mins each day in the morning or evening.

This will give you time to evaluate, think, and correct your course.

In an age **obsessed** with perfection, **Amuse Bouche invites you to look inwards and notice progress, roadblocks, breakthroughs, and the many perfectly varied ways you respond to the methods you are learning through our TONIC DIGEST PLATFORM.**

Move at your own pace. You may find that you are able to work through some chapters quickly, or that you need longer than a week to digest some of them. That is okay. This program has no deadlines, so allow yourself flexibility as you move through the course.

Use the quotes in this course to uplift you, inspire you, or help you stay focused on your goals. **This Amuse Bouche is a powerful tool, and a great companion to our longer course – or any new routine you are integrating.**

Finally, surrender to each chapter and give it time to sink into your routine.

**Simplicity is at the heart of this course.** I saw the people who don't want to be drawn into the **overwhelming** self-help wellness realm and made this for them 

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# WELCOME ---

## DISCLAIMER

Please note that this course is not intended or implied to be a substitute for professional medical advice, diagnostic, or treatment. Always consult your doctor or other qualified medical specialists for any health-related issues and/or medical symptoms.

Tonic Digest is not a licensed health care provider, and the information provided here is not intended for any clinical or diagnostic purposes.

*My name is POSETTA KOUJOU and I am a C.H.T. & INTEGRATIVE  
HEALTH PRACTITIONER,  
and founder of TONIC WELLNESS BOUTIQUE in Los Angeles,  
California.*

Through **TONIC DIGEST** —our digital wellness platform created to share the Tonic philosophy with people everywhere — I have created a powerful 10-week program designed for any woman who is looking to unlearn old habits, release negative thinking, heal holistically, embrace detox & intuitive eating, learn from your body, unlock the beauty & power of cyclical living, and embark on a wellness journey that is rooted in realistic strategies & schedules that fit a busy, modern lifestyle.

**THE ART OF LIVING IN A HURRY** is not a one-size-fits-all plan, made for every moment in your life- but rather a pathway to dwell with your own power & life force and connect through your mind and body to create a better environment, better energy, and better existence.

You can enroll in the **COMPLETE COURSE** [here](#), but this Amuse Bouche is a powerful first step. When one is ready to start their wellness journey, the most difficult task is often understanding where and how to begin — so I created the AMUSE BOUCHE to give you a taste of the transformation we can accomplish together.

*Use it as an INVITATION to begin your journey.  
Use it as a CALL TO RETURN to your path.  
Use it as a REMINDER of how far you've come.  
Use it as a MEDIATION on where you are at.*

**WARNING:** this AMUSE BOUCHE has the ability to create transformation——

In what follows you will find **4 chapters** all dedicated to learning to *appreciate* our lives in this **universe**——despite the chronicle of our own *memories, experiences, ideas, wins, failures, and dreams* with the **most powerful ideology I have**——**tenderness wins over toughness**——so this course is not a **shout**—— but a *whisper*.

This **whisper** can be *simply, easily, and effectively* implemented into your daily routine to help you feel happy and relaxed each day, **even and especially** when you lose a battle and things don't go your way——these rituals will **ease** stress and **unhappiness** and increase your *life force*, allowing you to approach life's experiences as a *graceful participant*, not a **fighter**——

# Chapter One

What is yours will find you—— but until  
then, WHAT?

YOU ARE  
ALIVE——

—— *Whether you like it or not*

The concept of appreciating what you have while you WAIT for what you want is not a concept easily applied by all of us, all the time, through every suffering or uncomfortable phase.

I have spent years practicing being present, reading almost every book about the importance of surrendering and being in each moment.

I have done many meditation classes and workshops and downloaded great apps that helped me tremendously in that area.

However, hypnotherapy and hypnotic meditations were where I found myself best relaxed and where I was able to completely let go.

But, the truth is that not all of us are capable of accepting a dark period as part of the process when we are stuck in our story— choosing positivity isn't about being positive all the time— knowing that painful situations carry lessons within them won't make up for thinking and reminiscing on — *The un-lived life*.

What can be done about all this?

—Live each day to the fullest, honoring the patient saint in us.

Like the inner child or the judge—

—This saint is the one who always builds up hope and perseverance while we are drowning in deep despair of the loneliness of our struggles.

This patient saint is a main player when the sun is out but all you can see is the dark gloomy clouds after battling not only one or two, but three or more consecutive battles.

He shows up—when you're completely drained from obsessing about your outcome and reminds you to place your energy on expecting the highest good and to manifest it with confident energy instead of a needy energy.

He shows up to tell you that you are safe and that what is yours will find you.

ALWAYS—

At the core, there is one simple truth: people remain unsatisfied in many phases of their lives.

I have found that along with this patient saint comes a method that if practiced can and will soothe you in the ways you relate to yourself when you're feeling the spin.

Living with a purpose—

The purpose of making each 24hrs enjoyable and peaceful, which even means making deadly routines a time for growth, development, meaning, and contribution.

You choose to live with a purpose each day while you wait, fight, think, accept, become more centered, and recover despite any stage you're in— instead of giving in to the silent struggles that feed on your life force—

You master living with the power of making everything enjoyable, basically using your mind creatively and treating your soul to a life of greatness and contribution.

**SEE AND SEEK BEAUTY IN EVERYTHING YOU DO.**



*Life can only be*  
*Understood BACKWARDS* —————  
But it must  
————— *Be lived FORWARDS*

How can you live each day with a purpose?

Give color to your day——

Implement pick-me-up tools that will change your reality and give it more meaning

———To help you feel better about things that you don't necessarily want to do.

I am here to tell you it's okay not to know how to be patient— and live in a state of constant gratification.

Sometimes you just want to feel that you are living a life of greatness as a human, which is your birthright.

**Time** waits for no one, it passes you by!

It goes *faster*, than a **blink of an eye**. One thing for sure, you'll *never* catch up with it.

It's **impossible** to do. Whatever it may be, rest assured it's always ahead of you.

Once it's passed, *there's no way to hold on*. When it's on your side, make the most of it, before it's gone.

We all wished we had more time. Whether it was to finish a job we didn't complete or reveal something, to a loved one.

To our way of thinking, there was always enough time to get it done.

Take time as needed.

Don't let anything get in your way.

Above all, take advantage of every moment you have.

Never let it, slip away!

—AUDREY HELLER

## DID YOU DO IT?

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## Chapter Two

TIME WAITS FOR NO ONE——AS TIME IS  
NOT REFUNDABLE.



The currency of your life is TIME— But unlike money time doesn't circulate— doesn't flow or come back to you— tragically, in many ways, people are programmed to be more concerned about how they spend or invest their money— rather than how they spend or invest their time—— but at the end of your life you will run out of money and can't get more time—

Hence the title of this chapter.

TIME WAITS FOR NO ONE— AS TIME IS NOT REFUNDABLE.

The path to greatness is paved in thousands of tiny rituals that make up each day, week, year, and then your entire life—— and this is why your productivity, your mood, your creativity, your relationships, your body, your mindset, your health, your future—— are all a reflection of how you SPEND and INVEST your time.

——HONOR your time ——time is only short if you waste it—— choose instead to spend and invest your time in daily rituals THAT MATCH your uniqueness.

## —— *Being ALIVE*



You are what you practice; people who practice meditation are better at relaxing than people who don't——

People who practice meditation commit to it daily, for at least 20 mins, and numerous studies have reflected benefits & changes in parts of the meditating brain associated with memory, sense of self, empathy, and stress.

## *IS the special occasion* ——

And, if you think or track how much time you spend worrying or dwelling each day—— you will quickly find out that you do it—— the worrying and the dwelling—— for more than 20 mins a day, so just imagine how good you are at it.

When you do anything day-by-day for as little as 10 mins, or as long as 1 hour, that thing will considerably add up year-by-year.

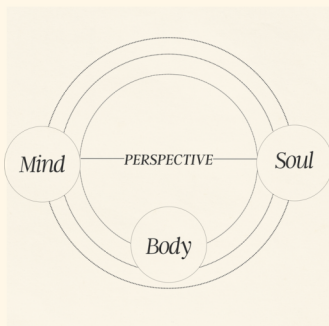
Don't let your TIME DRIP AWAY.

——The thinking mind over-spends time —— it's purpose is to protect us, so it produces negative thoughts to save us from danger—— that's where fear comes from, and this fear can produce a tornado of negative thoughts inside your head all day.

All philosophies and religions, both western and eastern, from the beginning of recorded history agree that human nature is more than just THOUGHT——

A whole human being is the combination of

**MIND      BODY      SOUL**



When something is troubling you mentally or emotionally, you actually begin to manifest symptoms physically.

A couple examples:

*A racing heart*

*Sweating more than usual*

*You have a hard time sleeping*

*You begin to feel lethargic and fatigued*

*Increased or decreased appetite*

*Upset tummy*

*Restless legs*

*Painful jaw & teeth*

This is when the **MIND—BODY—SOUL** is out of balance.

To restore this balance we shouldn't search for perfect ritual— or look endlessly for a magical potion that will lead us to the "perfect" routine that makes each day enjoyable— There is no one way to do that.

I am an advocate for: "NO one-size-fits-all plan EVER EXISTS. No ritual, therapy, diet or practice is made for everyone, at every moment in your life."

What we can do is reverse our **MIND—BODY—SOUL** perspective.

Reverse to **BODY—MIND—SOUL** through living each day with a purpose.

This **act** can help you access calm, peace, ease, creativity, joy and grounding through what your body **experiences** daily with it's surroundings.

When you create rituals that give you immediate rewards you follow this ancient philosophy by Seneca:

**"Everyone hustles his *life along*, and is troubled by a **longing for the future and weariness of the present**. But the man who spends all his time on his own needs, who *organizes every day* as though it were his last, neither **longs for nor fears the next day**."**

In principle, positive rituals lead toward a more positive life experience— Which leads to living with a purpose each day.

They help you increase your life satisfaction to maximize happiness and reduce negative emotions, at any moment, in any situation, at any stage of your life—

Therefore comes this list:

I have added several options to include individual differences in morningness-eveningness, and came up with a few more for those who like to wriggle through the subtle afternoons. I also included my personal rituals as a mom. HOWEVER, you can use any of the morning lists for the evening and vice versa.

*Share these unique rituals with us and the rest of the Tonic digest community! We want to know what helped you the most out of this list & what new rituals you came up with. Email us at [reach@tonicdigest.com](mailto:reach@tonicdigest.com), tag or send us a DM on Instagram: @tonic\_\_digest, or share your progress, digest walk, sunshine breaks, and all the rituals in between using #mydailytonic on social media.*

**—Individuals differ in their biological rhythms and their preference for morning or evening hours.**

*What type are you?*

**Morning types (morningness) prefer morning hours for intellectual and physical activities, while evening types (eveningness) feel and perform best in the late afternoon or in the evening.**

Remember every time you choose to live each day with a purpose, you practice and give yourself permission to get out of the thinking mind and be more present— the more you become comfortable making better investments with your time— and send a message to your mind saying: "yes I want to feel at ease and be free of the heaviness of my feelings and enjoy these rituals."

**Morning routine**

Journal for 10 mins

Apply a face mask while you do your morning routine

Cold shower

20-30 min workout

Stretch your body

Laughter yoga session- [I love to watch this video. laugh with me](#)

Dance for 5 mins

Wake up 1hr earlier and do something completely different

Watch the sun rise from a hill or beach

Go on a walk at the beach or in the forest

Have breakfast with a friend at a new spot before going to work

Connect to humans in the community

Take an art class

Try a new gym

Book a massage

Go art window-shopping

Visit small businesses & new concept stores

Go to events

Attend seminars

Visit museums and historical neighborhoods

Finally, no matter what you chose to spend your time on, write about whatever helped you and gave you the most joy. Then, do more of it.

**Lunch hour self-care ideas**

Try whole body cryotherapy or cryotherapy facials

30 mins infrared Sauna

Foot massage, manicure/pedicure

Meet a friend for lunch

Take a walk

Watch the sunset

Try a new cuisine

Sound bath session

Try breathing exercises plus a stretch in the sun or outside, especially if you sit at a desk for long hours during the day

**Evening routine**

Relish the small, simple victories of the day

Take a hot epsom salt bath, face mask, and bring a book

Go to the theater

Watch stand up comedy

Take yourself on a dinner date

Dry brushing

[Laughing yoga](#)

Paint

Dance for 5 mins

Create an art project

Watch a movie

Cook dinner for friends (it shouldn't be complicated, how-to is at the end of this chapter)

**Weekend & monthly routine that will beneficially alter the feel of the week or month**

Celebrate the end of the week by spending some time alone & some time in nature to realign your energy.

Throw a party or barbecue for no reason — let go of control & make it interesting by adding a game or a challenge

Create a book or movie club

Challenge yourself by trying something new like gardening, growing your knowledge, or learning a new recipe

Plan staycations with a friend, partner, or just yourself —

Forest bathing

Go dancing: find the style you like & try it in a class, group, or private lesson

Create a vision board

Go out and take photos of the things you love

**MY FAVORITE: READ A BIOGRAPHY OR WATCH A biographical film**

**House work—Mom life**

Listen to an audiobook or podcast while you wash the dishes and fold your laundry.

Put music on and dance while you clean your home and turn it into an active exercise.

For moms out there helping your kids with homework: play piano or brain waves in the background

Learn and apply mini breathing exercises to help you feel both grounded and enhance your mental clarity (Business leaders around the world are finding power in breathing techniques & practicing mindful breathing to control their impulses — how great it would be if we could teach our kids that at home).

Make the best of homework time, take a mini break every 10 mins and play a game that will help you know your children better, or get up and move your bodies.

Teach them manifestation and choose a certain affirmation to build positivity and dream of their future.

Make dinnertime a time for everyone. Having some help preparing dinner is great, but using this time to connect and talk with your child will open a channel of daily communication and build a stronger bond.

Listen to a healing meditation while you wait for an appointment.

More ideas from my **THE ART OF LIVING WELL IN A HURRY** course:

**The sunlight breaks:** Begin every day soaking in sunlight. If you are lucky enough to have a sun-facing bedroom, open your curtains or shades and let the sun stream in. Otherwise, go outside for a few minutes and let the morning sunlight fall over your face. This doesn't need to be more than a few minutes, but starting your day with natural light is so important in establishing your body's circadian rhythm and stopping the flow of melatonin, the hormone responsible for making you sleepy. Adding this step into your morning routine will give you a boost and maintain your energy throughout the day and help you wind down as the sun sets.

**Gratitude:**

- This is a ritual anyone can do to help get out of the thinking mind—I have a simple practice to remind me to be grateful. I look up at the sky and take a moment to feel the warmth of the sun.
- Nothing is more important to us on Earth than the sun. Without the sun and heat, the Earth would be a lifeless ball of ice-coated rock.
- This fact rewires my emotions and gives me an instant feeling of gratitude.
- Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible.
- Gratitude helps you feel more positive emotions, relish in good experiences, improve your health, deal with adversity, and build strong relationships.
- With gratitude, you acknowledge the goodness in your life.
- Gratitude allows us to celebrate and be present.
- Start as small as you can, and do this one simple practice every day.

*Reach out to people who you know—that have mastered the power of pulling themselves out of a dark place mentally—they would be a great source to learn from—how to be more resilient in those periods, and how to do it more creatively.*

*If you DON'T have people in your life to learn or borrow light from—you've come to the right place. The TONIC DIGEST community exists to be your guide, your friend, and your digital support system. We are growing alongside you and are here to listen to your needs.*

**Master a recipe:**

Discover—

- Your blueprint recipes
- Herbs & spices you like
- Greens & veggies that you love together
- Your preference of protein, and be creative in how to make it in the fastest, least hectic way.
- The perfect carb to go with it (steamed rice, quinoa, bread, veggie pasta)

Make this your Sistine chapel— This recipe should be a template you can always resort to when you invite friends over, or to use as a pick-me-up meal when you need it most.

Ways to dress up your masterpiece:

- A plate of olives and fermented foods
- Vegetarian Grape leaves plate
- Local cheeses preferred goat & sheep or vegan cheese
- Edible flowers
- Truffle butter with bread (paleo or whatever you follow)
- A pan of baked veggies (cauliflower, mushrooms)
- Pesto, tartine with cheese, or tuna tartare.
- There is always a way to swap ingredients to meet your dietary needs.

**NOTE: WE WOULD LOVE TO HEAR FROM YOU—GIVE BACK TO OUR COMMUNITY** by sharing these unique rituals with us and the rest of the Tonic digest community! We want to know what helped you the most out of the list & what new rituals you came up with. Email us at [reach@tonicdigest.com](mailto:reach@tonicdigest.com), tag or send us a DM @tonic\_\_digest , or share your progress, digest walk, sunshine breaks, and all the rituals in between using #mydailytonic on social media.

## DID YOU DO IT?

*Love* what you are *learning*? Your **wellness journey** has *just begun*.

Enroll in our complete course, **THE ART OF LIVING WELL IN A HURRY**, to dive deeper into these *foundational techniques* and to build a wellness program that fits your unique needs — and moves with the **never-ending flow of this life**.



# *Chapter Three*

## THE ART OF BETTER—— EVERYDAY THINKING



For many years I have shared with my clients a paradigm of cardinal questions that help me refine my everyday thinking to examine: thoughts, moods, and assumptions, and look at what we can change— To have clear vision and have better insight to understanding the situation we are facing.

The whole point is to have simple tools to think better.

These tools will help you develop the flexibility to handle situations in life by changing aspects of your feelings, beliefs, and thoughts towards a situation or deal with it with more confidence by practicing proactive thinking with tools & strategies that work for you.

It is a simple method that I found helps me think in a way that leads to— action rather than inaction (When I am stuck).

It is a method that helps:

—You not to act when you shouldn't (particularly when triggered or following a false impulse).

It is a method that helps:

—Make better decisions & reduce anger and anxiety (often when overwhelmed by fear & limiting beliefs).

—It will help you communicate effectively with others (to use softer language, to not take things personal & to not guess what others are thinking).

*And the best part is* ——

It can help you solve your problem faster than you imagined, or simply realize that you cannot fix circumstances beyond your control.

This method acts as a grounding tool to win over the negative thinking mind and accept that sometimes it's just life and life requires you to make a call and stop forcing something that feels impossible.

Here is the framework for better *everyday* thinking

When faced with any situation ask yourself these **4 questions**.

1. Is it the right time to **(speak) (buy) (move) (travel)**...? (This will determine *importance*)

2. Is it for the right reasons I am **(speaking) (buying) (moving) (traveling)**...? (this will determine *urgency*)

3. Is this the right way to **(speak) (travel) (move) (buy)**...? (this will determine *if you are ready*)

4. Is this the right **(person) (place) (object)**...? (this will determine your *decision*)

Start here. You can add or take out a question depending on the individual issue and based on the context.

### USE THESE QUESTIONS TO:

- Help assess your situation better
- Focus on what works and not dwell on what doesn't
- Look for solutions in your answers and identify the difficulties
- Think your way beyond difficulties
- Start the process of better thinking
- Find the truth behind your emotions towards a situation
- Find out if you're 'feeling stuck' is a feeling (or a story you are telling yourself) instead of a fact

You are here to improve your communication skills—in order to improve results.

And— life is going to go on.

***Note:** Don't judge your answers— This is an action-oriented method giving you a sense of control and helps with the feeling that all you can do is your best. Like everything else, this method needs practice and you have to get good at it and implement it as much as you can until it becomes a natural skill.*

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# Chapter Four

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Keepin' it real——  
IN A REAL WORLD



There are various ways to determine the diet that is right for you— endless health studies, controversy, paid science, and diet camps; the list goes on and on. At any given moment, there are at least 10 new diet trends that promise to change our lives —a quick look at all of the emerging diet trends on social media, endless reels, videos, and podcasts regarding what we should or shouldn't eat can make you feel like there will be no fun in eating out ever again.

Low fat or low carb? Animal protein or plant-based? Are fruits good or bad for you? Oatmeal or protein shake?

These are just some of the many questions that I get asked in nutrition counseling sessions. But the biggest one is ——  
How can I give up bread, pasta, meat, or sweets forever—— when it's what I love to eat?

**“Food is *everything* we are. It’s an extension of **nationalist feeling, ethnic feeling, your personal history, your province, your region, your tribe, your grandma.** It’s *inseparable* from those from the get-go”.**

—ANTHONY BOURDAIN

In short, most people are utterly confused at what it takes to have a good diet and still enjoy their life and the food they love to eat. Sadly, the conflicting advice from experts adds to the confusion.

What you put on your plate does not (and should not!) have to be overcomplicated in order to be delicious and healthy. What I found as a working woman, wife and mom was that, in the real world, I need to find real answers and take real actions—

This is the philosophy behind this chapter: **KEEPIN IT REAL— IN A REAL WORLD**

Keep the food that you love and swap the harmful ingredients in them— It is one simple tool that will start you on the road to overall health.

—OUT with the processed, in with the REAL.

Eat real food, not food that feels like products.

Remove packaged and processed foods, and replace these with real ingredients. As simple as that. To feel fuller, you can double your protein or veggie intake, while subtracting the processed food.

### Remove & Replace

**Inflammatory seed and vegetable oils** — to avocado oil or coconut oil for cooking & olive oil or walnut oil for salads.

**French fries** —to steam or baked potatoes

**Processed Bread** — to bread with high fiber & protein content and low carbs, or even veggie wraps (think: lettuce, portobello, bell peppers, eggplant, collard greens & nori sheets, these are some of my favorites).

**Processed meat** — to hard boiled eggs, grilled chicken, fish or meat.

**If you don’t want to cook**, here’s a trick that I love: buy your chicken meat or fish from the gourmet section, instead of the deli, to add to your salads or sandwiches.

**Sugar** — with stevia or monk fruit

**Moderate-high glycemic fruits** —to low glycemic fruits. Below is an example of High to Low:

Orange—grapefruit

Mango—strawberries

Pineapple—green apple

Berries are always a good choice

You can do the same with some veggies

Potato—carrots

Sweet Potato—chickpeas

Pumpkin—asparagus

Beetroot—zucchini

This is a simple strategy that anyone can do.

It will help you stay full longer, feed your body by following a structured diet that you love, and it will help you not snack or eat unhealthy meals later.

It will jump start your detoxification system and produce more energy.

If you make these simple swaps, you're going to notice your weight will be where you want it to be, you will have better mental clarity, your sleep will get better, and your mood will improve.

—And NOW you can actually indulge and take pleasure in the food you like. With the right ingredients on hand, you can eat whatever you want without obsessing or feeling guilty about it because you have a healthier, regular system to get back to.

**What you eat in one meal is not as important as what you eat everyday.**

*If you like this method, take it further with these steps*——

- **Remove shallow breathing. Replace with better breathing techniques:** download these apps for great support (breathwork, ibreathe, the breathing app) or take a class to learn how to breathe better.
- **Remove lightweight high reps & replace with heavier-weight low reps:** increase rest time between sets (30 sec to 1 min or 1 min to 2 min) and focus on your breathing to help get more oxygen into your body, and help create core pressure that stabilizes your spine, which helps you lift heavier.
- **Replace poor sleep with better sleep:** aim for 7 to 8hr daily, at least 5 days a week.
- **Remove sedentary lifestyle habits and replace these with The Digest walk:**
  - Make it a habit to walk after meals: a simple 20 to 30 minute walk after having a heavy meal will help stabilize blood sugar. This moderate movement will result in your muscles consuming more glucose, which is often an excess after a meal in our blood.

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This is a very special moment. Thank you for completing this mini course———

Please take a moment to celebrate by closing your eyes, opening your heart, and feeling all the love that came from this process and into your whole being.

**MIND——— BODY——— SOUL**

***The End***

## ***A FINAL note from Posetta:***

You have come this far— you have seen how **simple** and **transformative** it is to invest in yourself. Let's go further, *together*.

**THE ART OF LIVING WELL IN A HURRY** is a 10-week program that expands deeply upon other important ideas like what you have read here. If you have been **stuck**, feeling **overwhelmed**, **growing tired** of all the moving parts, or are simply **ready to build a wellness foundation** like no other that works for you — *this course is it*.

I invite you to **take the full course** and **begin a journey** of *personal transformation* unlike any other. Through **video lectures**, **weekly readings**, **daily mind prompts**, and **wellness rituals**, **audio meditations**, and **cyclical wellness schedules**, you will begin to understand the art of living well— *in a hurried world*.

With the course, you will receive a **personal journal** to encourage you to **see the truth behind your self-talk**, to **recover your authenticity**, and to **change your environment**— not only for *yourself*, but for *everyone around you*. You will have access to **hearty recipes**, the best **detox methods**, and **more**—

Difficult times have helped me better understand & *enjoy my life to the fullest*— I've always dreamt of creating a community of women that want to **accept responsibility** for their lives and **find strength in each other's stories and experiences**. So, I am inviting you to become a *founding member of TONIC DIGEST*— a platform dedicated to changing lives for the better.

***Keep cultivating a kind heart***

*Yours truly*———

**P.K.**

**ENROLL IN THE ART OF LIVING IN A HURRY**