



# Mindfully Clear: 22 Days to a Clear Body + Mind

*Ayami Yamamichi*

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## **Mindfully Clear: 22 Days to a Clear Body + Mind** Ayami Yamamichi

In 22 days of mindful being, we will cut through the clutter and clean up the way you interact with food to enliven your senses and to enrich your life. Awareness of how you interact with food is the key to longterm health and clarity. Through this Cleanse, you will explore the path of mindfulness in a way that harmonizes your body and mind. Filled with rich content, delicious whole food plant-based recipes, tips + tools that help clear space for a joyful way of living. This isn't just a Cleanse, it's a lifestyle.

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