

the CLARITY CLEANSE

FOR IMMEDIATE RELEASE

THE CLARITY CLEANSE

12 Steps to Finding Renewed Energy, Spiritual Fulfillment, and Emotional Healing

By Habib Sadeghi, DO, foreword by Gwyneth Paltrow

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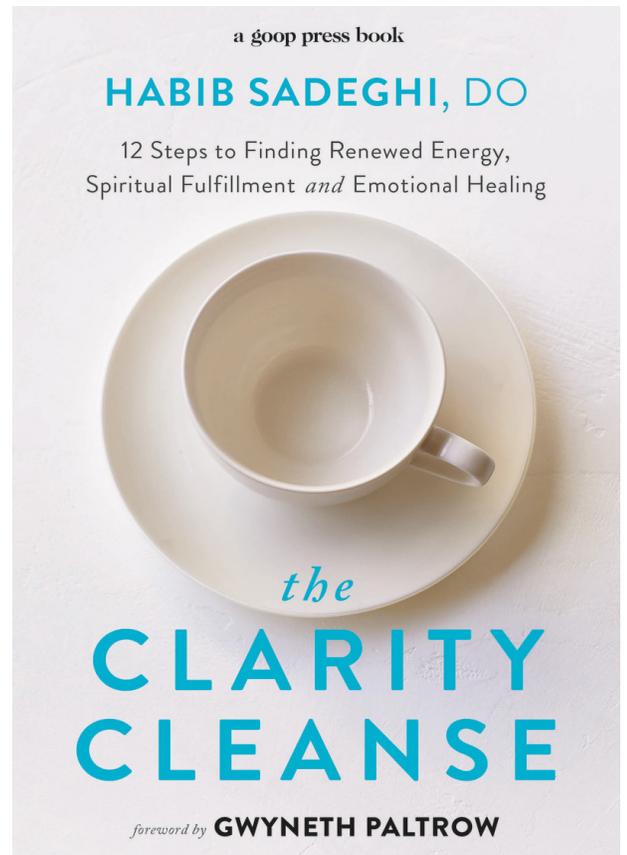
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“...Dr. Sadeghi’s *The Clarity Cleanse* is essential reading for anyone who has felt lost or broken (in other words, for everyone) and wanted to heal into a kinder, stronger, and braver person. I cannot recommend it highly enough.”

--Anne Hathaway

“...This radically honest dive into how to perform this cleanse to clarity will peel away so many of the layers of this life that you feel keep you from living your most honest, empowered, happy, and healthy life. You deserve that, and I for one can attest to how this incredible multidisciplinary genius, Dr. Habib Sadeghi, is for you.”

--Tracy Anderson, creator of the Tracy Anderson Method, and health & fitness expert

Goop Press/Grand Central Life & Style are proud to present **THE CLARITY CLEANSE** by **Habib Sadeghi, DO, FACEMIP**, a 90-day pathway to clear the clutter from your emotional life and find clarity in mind, body, and spirit. Dr. Sadeghi is a goop insider and advisor to Gwyneth Paltrow, Emily Blunt, Tim Robbins, Stella McCartney, and others.

In **THE CLARITY CLEANSE**, Dr. Sadeghi presents a personalized, 12-step approach to clearing out the mental clutter to help us focus on the changes we need to make to live a more peaceful and happy life. He guides readers through all the noise and demands of daily living to create a clean, unadulterated space inside of themselves to process the information, emotions, relationships, and events in their lives.

THE CLARITY CLEANSE has two components: dietary and emotional. The diet, which features three key ingredients—apples, sardines, and brown rice—is designed to negate the physical residue of repressed negative emotions in the organs most affected by resentment, anger, and other negative feelings: the liver, the pancreas, and the gall bladder. Readers follow this diet for 10 days a month while alternating between two emotional purging exercises 1-3 times a week: 12-minute writings and 12-minute dialogues. Some of what they will learn includes how to:

- **Create clear intention**
- **Practice compassionate self-forgiveness**
- **Refocus negative energy to move beyond doubt and fear**
- **Ask the kind of questions that will help their relationships**

Through this cleanse, readers will find emotional clarity, clarity of vision, and clarity of action. As Dr. Sadeghi believes, healing doesn't happen to us; it happens through us because life doesn't change until we change. It's clarity that allows us to manage our lives with greater awareness and less effort.

ABOUT THE AUTHOR

HABIB SADEGHI, DO, FACEMIP, is the co-founder of the Be Hive of Healing Integrative Medical Center based in Los Angeles and a clinical instructor of family medicine at Western University of Health Sciences. He is the author of *Within: A Spiritual Awakening to Love & Weight Loss*, as well as the foreword to Gwyneth Paltrow's *It's All Good*, and is the publisher of the health and well-being journal, *MegaZEN*.



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ADVANCE PRAISE FOR DR. SADEGHI & THE CLARITY CLEANSE

“Dr. Sadeghi reinvents what it means to reinvent yourself, and it’s not just about seeing your life clearly but about finding the courage to move forward. He is the number one living proof that through love and gratitude, humans can co-create daily miracles. I’m eternally grateful to him.”

--Penelope Cruz, actress

“In my professional life, I achieved heights beyond my expectations, but in comparison my personal life was empty. NO ONE should settle for EMPTY! In *The Clarity Cleanse*, Dr. Sadeghi outlined the steps to lead me to my own miracle of finding purpose, growth, and love.”

--Jeanie Buss, owner, Los Angeles Lakers

“My loving and caring friend, Dr. Sadeghi, makes self-empowerment attainable and easy to understand. It’s because of what Dr. Sadeghi has overcome in his life that makes his guidance so relevant. He is a soul doctor who facilitates healing light where others might only see sickened darkness.”

--Javier Bardem, actor

“*The Clarity Cleanse*—this is a GAME CHANGER! If you’re ready to stop going around in circles, you have found your map. *The Clarity Cleanse* is essential for de-cluttering your emotional and physical body, giving you more conscious control of your life and a taste of what it is to really live healthy, happy, and free! Doctor Sadeghi is absolutely incredible.”

--Demi Moore, actress

“Dr. Sadeghi has helped me understand a path of clarity in my life. He’s supported me in bridging the connection between mind and body work. I hope others will find healing in his compassionate teachings.”

--Jessica Chastain, actress

“If you are looking to go deeper in your life, this book contains the answers you have been looking for. Find how to awaken your mind heart and body and soul. Find the self-empowerment you never knew you had!”

--Dan McCarroll, former president of Warner Bros Records and Capitol Records

“Habib Sadeghi offers a new perspective on illness and disease and the pitfalls and obstacles that lay in the path of healing. *The Clarity Cleanse* is a fresh and innovative approach to what we can do to live healthier and happier lives.”

--Tim Robbins, actor

“...*The Clarity Cleanse* is our collective wake-up call. Dr. Habib Sadeghi makes it clearer than ever that if we wish to live in a state of wellness, it’s crucial to address our emotions, our attitudes, and our overall state of being.

--Elena Brower, author of *Practice You*

“Working with Dr. Sadeghi for several years has been one of the most powerful and rewarding experiences that I’ve ever gifted myself. Now you can do the same for yourself! *The Clarity Cleanse* is an accessible tool to discover your power that comes from within.”

--Daniela Villegas, designer

“*The Clarity Cleanse* offers a profound path to healing. In it, Dr. Sadeghi clearly shows the false duality of mind and body, that indeed the mind and body are one and our internal worlds are constantly and deeply reflected in our physical body. He leads us with a sense of safety and security, optimism and hope, on the journey from illness and disease to thriving and flourishing.”

--Alane Daugherty, PhD, professor of kinesiology at California State Polytechnic University, Pomona; co-director of the Mind and Heart Research Lab (at Cal Poly); and research consultant for the Center for Engaged Compassion at the Claremont School of Theology

“This brilliant and challenging book is also kind and gentle, like its author, the clear, the intensely practical Habib:

Add five drops of lavender oil to your bath.

A cup of Epsom salts will also help.

By the time you finish reading this, you will have found a new friend.”

--Coleman Barks, *The Essential Rumi*

“*The Clarity Cleanse* provides the map to the answers we have wondered could exist. It is the portal to self-power, joy, good health, and peace.”

--Kurt Rambis, associate head coach, New York Knicks

“*The Clarity Cleanse* demystifies self-improvement in a way that’s exciting and accessible. Its common-sense approach walks you closer to more power and progress in your life. Thank you, Dr. Sadeghi, for the bravery it took to tell your personal story, and to allow it to heal countless others. I am so grateful to be learning from it.”

--Annabelle Wallis, actress

“*The Clarity Cleanse* is a profound and compassionate journey you can take at your own pace. Dr. Sadeghi has changed my life.”

--Jennifer Meyer, designer

“Life-changing and life-giving, a clear and beautiful way to heal.”

--Yolande Yorke-Edgell, choreographer

“It’s rare to find a healer who treats the whole person—mind, body, and spirit. Dr. Sadeghi is such a healer, a master at helping people find the emotional and spiritual causes of disease. *The Clarity Cleanse* explains these causes, and offers a practical, essential guide for healing one’s whole being...”

--Sydney Ross, singer, medical anthropologist, and author of *Dressed to Kill*

“Dr. Habib Sadeghi has written a masterful book discussing the energetic causes of illness; the highest and best approach to addressing one’s health challenge while empowering us to trust our own intuition, which I believe connects us directly to our own inner physician...Dr. Sadeghi takes us on a journey of greater understanding and awareness regarding ourselves and the world of which we are a part...”

--Steven A. Ross, PhD, president of the World Research Foundation and author of *And Nothing Happened . . . But You Can Make It Happen*

“*The Clarity Cleanse* is a manual for living. We have within us everything we need to create wellness and this book explains how. It will forever change your relationship with illness and reveal the power of how to use ‘clarity’ to heal disease...As a patient of Dr. Sadeghi’s, I have experienced firsthand the power of his enlightened healing. After reading this book you will never see your patterns of thinking and feeling in the same way...If you are ready to heal yourself, read this book; if you are ready to love yourself, read this book; if you are ready to cleanse yourself, read this book...”

--Alexis Denisof, actor

“Clarity is the key to living a conscious life, and Dr. Sadeghi understands it better than anyone I know. *The Clarity Cleanse* is a practical path to recognizing how we create our life circumstances and consciously putting that power to work in a profound way.”

--Tony Florence, General Partner, NEA Venture Capital

“...Clarity is described as the containing action beyond control and constriction that allows us to face the obstacles of development with a better-informed intuition. As both a patient and friend [of Dr. Sadeghi], I have experienced this first-hand.”

--Gary David, PhD, *Epistemics: The Art of Learning*

“*The Clarity Cleanse* is a sobering look at the approach to the healing we have all wondered if such a thing really existed. It starts with opening your intuition, your heart and the soul of truth to understand the life you are worthy of.”

--Michael Watkins, actor

“An essential guide to creating calm at the center of life’s storms and the ability to make self-affirming choices.”

--Colin C. Blaydon, PhD, founding director, Center for Private Equity and Entrepreneurship, Dartmouth University