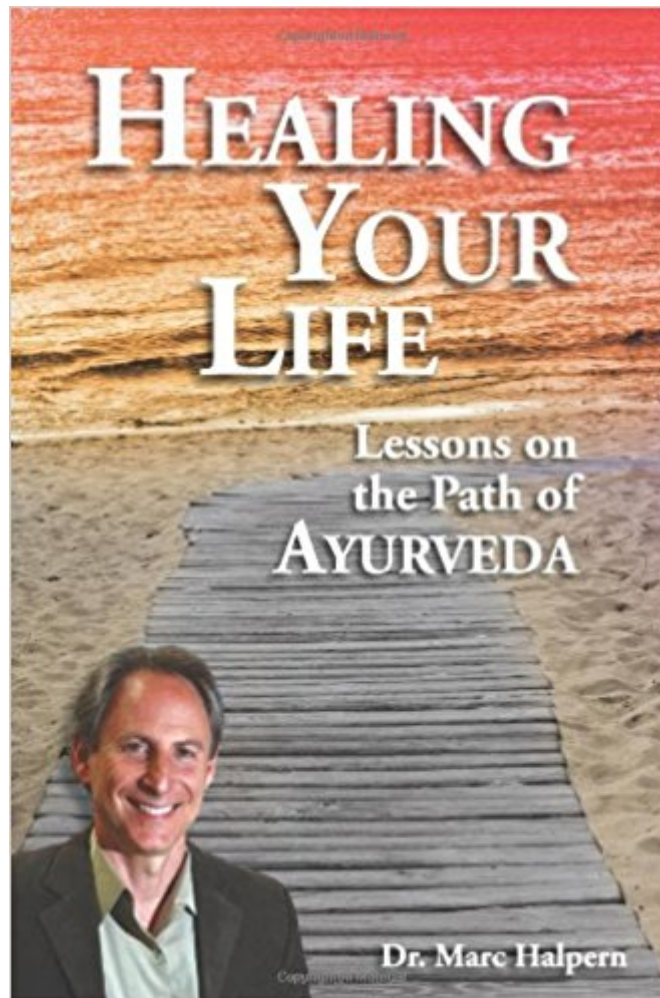




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Healing Your Life: Lessons On The Path Of Ayurveda



Synopsis

"Both easily accessible and deeply empowering, Dr. Marc Halpern walks by your side as you walk the Ayurvedic path of healing." --Dr. David Frawley
Through this book, become inspired to reach your full physical, emotional and spiritual potential; explore the knowledge of Ayurveda in a personal and meaningful manner and learn how to heal your life with practical exercises that are included to guide you along the path.

Book Information

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Customer Reviews

I bought this book on a friend's recommendation and love it! While I had heard of Ayurveda before, I did not know that it was about some very simple ideas on how we can be our own health experts. The book gives very common sense advice that has been lost in the shuffle of modern life. The descriptions of how our entire sensory environment -- what we see, say, feel, touch, eat, and so on -- affects us was incredibly interesting and spot on. In each of the lessons in the book, I was able to reflect on my own life, and clearly see how I could easily incorporate Ayurvedic ideas to create a more balanced and enjoyable life. I also like that Dr. Halpern tells how he has used the lessons in his own life, which makes the ideas real, not merely prescriptive. The book is a quick read, well organized and interesting. I am sure that anyone reading the book will have many "a ha" moments, as I did. I suspect that, for people who are well acquainted with Ayurveda, there is still a lot to learn here in how it is applied and the lessons from Dr. Halpern's experience. Now that I've finished it, I will read this book again.

Great ayurveda overview. I really enjoyed the way the author explained the constitution test in more detail. This was also one of the first times I've come across the correlation between essential oils and ayurveda.

Wow! I loved it. Even though I've been frustrated about interactions with our traditional health care system over the years, it was difficult to find something nontraditional that made sense to me. I had heard of Ayurveda, but until I read this book, which explained the science in the context of one person's journey and made it all very accessible - I didn't realize just how much potential we all have to heal ourselves. I strongly recommend this book!

Great book! People are always looking for a book that will show them exactly how to change their lives. This book does that. It is very thorough and goes into a lot of things that most people won't even realize are important. This is a book about how to change habits like diet, exercise and all sorts of things, like psychology, before you get to a point in your life where you have a disease. And it works even if you are already struggling with an illness too. It's never too late to change and this is a great, easy to read book. I will recommend it to everyone I know!

If you want a balanced life read this book and follow it. This book was an eye opener.

Anybody who has an interest in living a healthy balanced life must read this book.

Pretty simple and comprehensive understanding for someone just starting out.

excellent!

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