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The Path of Practice: A Woman s Book of Ayurvedic Healing (Paperback)

By Bri Maya Tiwari

Random House USA Inc, United States, 2001. Paperback. Condition: New. Reprint. Language: English . Brand New Book. We are wellness. We are consciousness. That is our natural state. Disease is an imposter. As one of the world s only female experts on the ancient Indian tradition of Ayurvedic medicine, renowned teacher Bri. Maya Tiwari has devoted her heart and soul to sharing the philosophy and methods that saved her from terminal cancer and redirected her life. Now, in The Path of Practice, she offers a short course in healing and living and reveals how she has gone back to the sources of Ayurvedic wisdom to reclaim time-honored, natural, and spiritual techniques for contemporary life. Diagnosed with ovarian cancer at twenty-three, Bri. Maya was given two months to live. Her doctors advice: die painlessly with heavy dosages of morphine. Instead, in the middle of winter, she left her career as a popular fashion designer in New York City and began several months of intensive meditation and holistic nutrition alone in a remote Vermont cabin. By Spring, her health and vitality had been restored. Inspired by dramatic visions and dreams of her family and ancestors, Bri. Maya became a student of one...



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This is the very best publication i have got read until now. It is definitely simplified but shocks within the fifty percent of the pdf. You may like how the article writer create this pdf.

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