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The Secrets of Health and Healing: Heal Your Body, Mind and Spirit Through Ancient Wisdom Methods and Techniques (Paperback)

By Raj Kumar

AUTHORHOUSE, United States, 2005. Paperback. Book Condition: New. 228 x 146 mm. Language: English . Brand New Book ***** Print on Demand *****.The secrets of Health And Healing is a remarkable book of Eastern wisdom and Western research, and practical knowledge and experience of Medical Science. This book gives you an insight to know and unfold the infinite wisdom and powers within and in nature and universe and to restore the strength, energy and harmony between body, mind and spirit. In this book, you will find interesting ideas, suggestions and instructions on stress management, increasing awareness to detect signs and symptoms of infections and diseases, choosing a good diet and healthy life style, doing safe sex practices, improving sleep and other health problems and several proven ancient, modern healing methods and techniques. This book helps you know and understand the meaning of health and happiness in life. This book helps you to attain higher awareness, inner peace, calmness, pure feeling of love, harmony, creativity, productivity, longevity and a deep sense of satisfaction with your life.



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