



## The Holistic way to Health, Happiness and Harmony

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By V.K. Subramanian

Abhinav Publications, New Delhi. Hardcover. Book Condition: New. First Edition. 168pp. The Holistic Way to Health, Happiness and Harmony contains one hundred and eight prescriptions, being the distilled essence of ancient Hindu wisdom, ranging from astropalmic analysis, practice of the eight limbs of Yoga to maintain a perfect body, mind-vacuuming or meditation to ensure a stress-free life, breath regulation, twenty-two varied ways of relaxing the mind and the body, eleven diet axioms and eleven wonderfoods to be taken daily, practical suggestions for choosing life-partners and making marriages joyous, meaningful and long lasting, ideas for creating a beautiful environment at home by using the lucky colours to the more esoteric awakening of Kundalini or creative power. This book is an invaluable guide and companion to all those who aspire for strong and healthy bodies, happy relationships and a harmonious world.



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