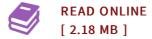




The Holistic way to Health, Happiness and Harmony

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.



Reviews

This publication can be really worth a go through, and a lot better than other. It is actually writter in straightforward words and phrases instead of confusing. I discovered this pdf from my dad and i suggested this publication to learn. -- Jackeline Rippin

A high quality book and also the font employed was intriguing to read. I was able to comprehended every thing out of this created e book. You wont really feel monotony at whenever you want of the time (that's what catalogues are for concerning should you check with me).

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