



Ayurveda for Women: A Guide to Vitality and Health

By Robert Svoboda

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Ayurveda for Women: A Guide to Vitality and Health, Robert Svoboda, A time-tested system for achieving health and happiness while balancing the demands of the modern woman's lifestyle. - A perfect handbook for any woman for whom quality of life is a central issue. - By one of the leading advocates of Ayurveda in the United States and the author of "Ayurveda: Life, Health and Longevity." - Provides practical advice on exercise, sleep, diet, beauty care, meditation and massage, sex and relationships, childcare, and menopause. In today's fast-paced world, Ayurveda provides a way for women to live their lives more simply, more naturally, and more contentedly. Women's roles in creating and sustaining balanced, healthy lives for themselves and their families have never been more crucial, and this compelling book will help them fulfill their goals despite the numerous demands placed upon them. Unlike many Western programs for health that treat all individuals the same, the 5,000-year-old science of Ayurveda identifies different physiological and psychological makeups and explains the lifestyle, diet, and environment most conducive to well-being for each. Ayurveda, India's "science of life," is particularly ideal for healing and empowering the...



READ ONLINE
[2.1 MB]

Reviews

A top quality publication along with the font used was intriguing to read. I really could comprehend everything using this written e book. Its been designed in an remarkably straightforward way and it is only after i finished reading through this publication by which basically altered me, modify the way i believe.

-- **Cathrine Larkin Sr.**

Very useful to all of group of people. I actually have read through and so i am certain that i will planning to study yet again once again down the road. I am just very easily can get a satisfaction of looking at a created book.

-- **Mark Bernier**