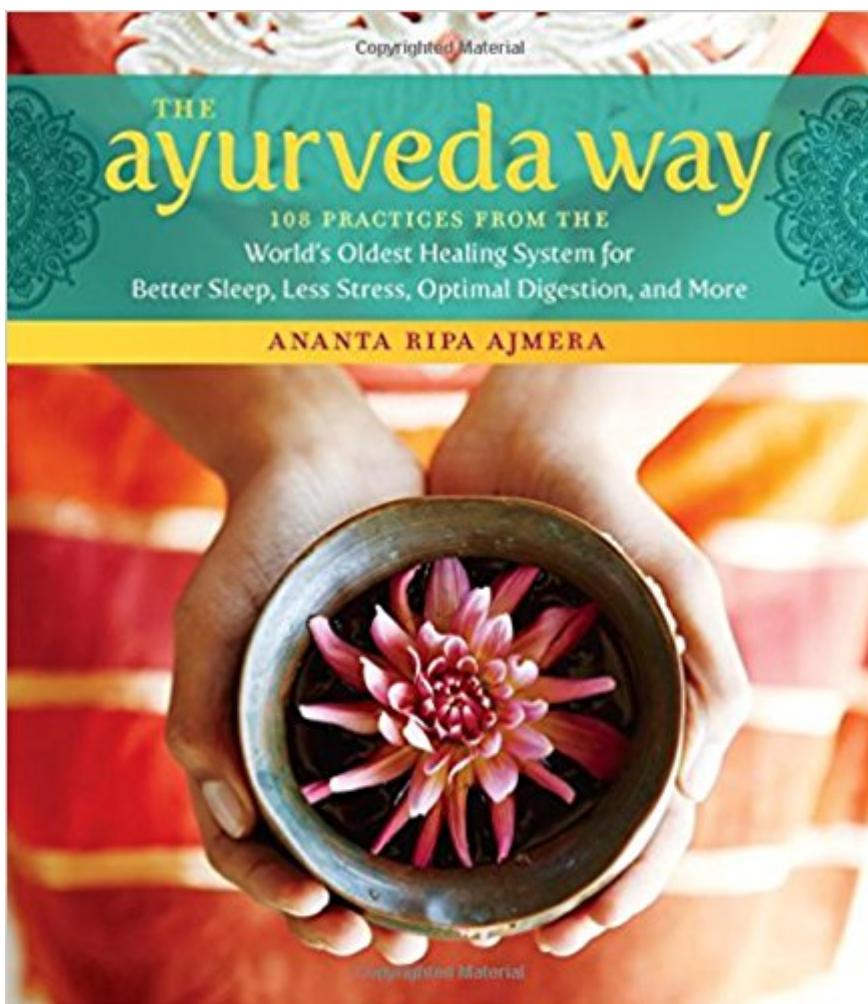


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# The Ayurveda Way: 108 Practices From The World's Oldest Healing System For Better Sleep, Less Stress, Optimal Digestion, And More





## Synopsis

Celebrated Ayurveda teacher Ananta Ripa Ajmera offers an inspiring introduction to this ancient Indian medical tradition, which complements and extends the health and wellness benefits of yoga. Through 108 short essays you will learn to approach optimal digestion, better sleep, less stress, and a more balanced life. Diet is key, and many essays are accompanied by recipes that incorporate into daily meals spices such as turmeric, cumin, ginger, and mustard seeds. In addition, meditation, yoga and breathing exercises, and self-care practices such as oil pulling and massage, make this time-tested wisdom available to contemporary holistic health enthusiasts — even beginners.

## Book Information

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## Customer Reviews

“An informative and beautifully written book on how to live a balanced life. It’s the perfect gift to type A people like me who think they’re too cool for healthy living. —Travian Shorters, editor of best-selling *Reach: 40 Black Men Speak on Living, Leading and Succeeding* and founding CEO of BMe Community

“An honest window into Ayurvedic traditions, providing simple, powerful, and effective strategies to choose health. —Lara Galinsky, author of *Work on Purpose* and *Be Bold: Create a Career with Impact*

“If you want to change the world, this is the book for you because change starts with ourselves. These 108 steps are simple, clear, and doable. This liberated ancient wisdom illuminates the path with clarity and light. —Susan Davis, co-author of *Social Entrepreneurship: What Everyone Needs to Know*

"Ancient wisdom in simple, doable steps"             Susan Davis, coauthor of *Social Entrepreneurship: What Everyone Needs to Know* Discover how the inspired lifestyle teachings of Ayurveda, yoga's ancient sister science, can transform your everyday life. Celebrated Ayurveda teacher Ananta Ripa Ajmera offers 108 accessible, holistic practices to help you achieve optimal digestion, improve sleep, diminish stress, and find inner balance. These practices for enhancing mind, body, and spirit are easy to incorporate into your day, making it simple to use this time-tested wisdom to awaken your naturally healthy self.          

This book is beautiful from cover to cover. It is presented in a simple, logical order with beautiful fonts, colors, and exquisite photos to enhance the elegant writing of Ananta. I purchased extra copies as gifts for loved ones.

The book is very well written. The book is presenting ancient ideas on Ayurveda on more practical use. It is short, sweet and to the point. The book has presented all ideas with nice illustrations and pictures. Excellent job

Impressed with the personable conversation the author, Ananta, weaves while educating in a practical manner the ayurvedic way... I feel connected through her words and am compelled to further my exploration of this grounded simplistic yet seemingly far away science to living a nurtured balanced life.

This book is truly inspiring! As someone who is just now learning about this amazing ancient way of life, I found it very easy to understand and hope to incorporate these practices into my life over the next year. Beautifully written!

I am enjoying reading this book. It was recommended to me and I am so glad I ordered it. Highly recommend this product.

Excellent book with easy-to-read tips on the Ayurvedic way to solve problems and live in harmony with nature and one's body. Great reference. I keep it in my kitchen.

Very informative!

Easy reading of Ayurvedic concepts. The book contains time tested and tried yoga practices and recipes that can easily be incorporated at one's own comfortable pace. My mom picked it up and read 40 pages right away and the next day woke up early and walked a mile with me motivated by what she had read. The bond that was generated made both, my mom and me better. Good healing guide book.

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Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Balance Your Hormones, Balance Your Life: Achieving Optimal Health and Wellness through Ayurveda, Chinese Medicine, and Western Science

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