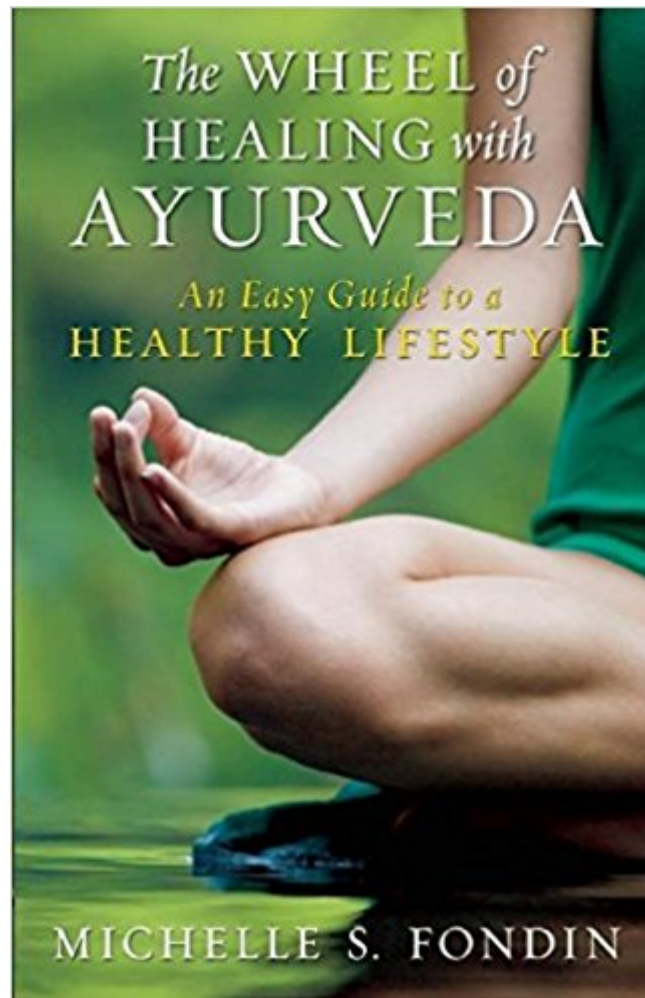




Ebook Directory
the best source of ebook

The book was found

The Wheel Of Healing With Ayurveda: An Easy Guide To A Healthy Lifestyle



Synopsis

Build Optimal Energy and Health in Body, Mind, and Spirit Ever wondered why you're feeling out of balance, stressed-out, sick, and exhausted but still can't sleep? Western medicine often ignores the underlying issues that can lead to fatigue, illness, and disease, but there is a way to revitalize your body and mind without drugs or dangerous side effects. Ayurveda, the "science of life," is a complete wellness system that includes all that we associate with medical care — prevention of disease, observation, diagnosis, and treatment — as well as self-care practices that are generally absent from Western medicine. This truly holistic approach considers not just diet, exercise, and genetics but also relationships, life purpose, finances, environment, and past experiences. In this thorough and practical book, Michelle Fondin guides you gently through self-assessment questions designed to zero in on your needs and the best practices for addressing them, such as eating plans, addiction treatment, detoxification, and techniques for improving relationships. She outlines steps you can take, with minimal cost, to heal common ailments such as high blood pressure, heart disease, diabetes, excess weight, anxiety, and depression. These time-tested methods for body, mind, and spirit wellness offer benefits to anyone at any age.

Book Information

Paperback: 288 pages

Publisher: New World Library (May 12, 2015)

Language: English

ISBN-10: 1608683524

ISBN-13: 978-1608683529

Product Dimensions: 5.4 x 0.9 x 8.4 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 44 customer reviews

Best Sellers Rank: #436,584 in Books (See Top 100 in Books) #94 in Books > Health, Fitness & Dieting > Alternative Medicine > Ayurveda #1357 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing #1977 in Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing

Customer Reviews

"Beautifully written, comprehensive, and real-world! Michelle Fondin brilliantly guides the reader through a transformational journey and teaches us to roll smoothly through

lifeâ€™s twists and turns with a powerful and easily accessible game plan.â€”Davidji, bestselling author of *Secrets of Meditation*; Having actively participated in her own healing by following the principles of Ayurveda, Michelle Fondin is a living example of the beauty and benefits of Ayurveda. She outlines a holistic approach with which we can keep all areas of our lives healthy and balanced. Simple yet profound â€”I loved it!â€”Lissa Marie Coffey, bestselling author of *Whatâ€™s Your Dosha, Baby?*; Michelle Fondinâ€™s book will introduce you to Ayurveda and supply you with simple, practical, and creative ways to improve every aspect of your health.â€”from the foreword by Sudha Bulusu and Dr. Shekhar Annambhotla, founder of Association of Ayurvedic Professionals of North America (AAPNA); Extraordinarily well written, informed and informative. Thoroughly 'reader friendly' in organization and presentation, *The Wheel of Healing with Ayurveda* is especially recommended to the attention of the non-specialist general reader with an interest in alternative medicine in general, and an Ayurveda approach to health issues in particular.â€”Midwest Book Review

Michelle S. Fondin holds a Vedic Master Certificate from the Chopra Center and is a member of the National Ayurvedic Medical Association and Yoga Alliance. She treats clients at her Ayurvedic Path center, speaks and offers workshops, and lives in Herndon, Virginia.

Around one year ago, I decided that I needed more peace, happiness and balance in my life. I'm so thankful that I found Michelle Fondin's yoga studio, The Ayurvedic Path, in Herndon, VA to practice yoga. During my practices, I learned of Michelle's book, "The Wheel of Healing with Ayurveda". I had heard some things about Ayurveda, but didn't really know what it was, how it worked and if it could help me. So I decided to read Michelle's book. So glad I did! I found it to be an extremely informative and helpful introduction to Ayurveda. Michelle really breaks Ayurveda theory and practice down so that readers can understand and use it in a functional way. I love everything about this book including the very helpful questionnaires, checklists and exercises. I've learned many things, but most importantly I've learned that our health is multidimensional. This quote says it all, "Health is an integration of my mind, emotions, soul, spirit, physical body and purpose in life". So true. As Michelle says, "If one of these is out of balance, they are all out of balance, rest assured." This book has really helped me to think about my health in a different way. I highly recommend "The Wheel of Healing with Ayurveda" to help you on your path to health, healing and happiness!

I recently bought 'The Wheel of Healing with Ayurveda' and was fascinated with the information that

Michelle has shared with us, making it real simple to understand the art of Ayurveda and the overall benefits it can have one's well being. I would definitely recommend this book. It is helping me to understand my inner self and how to lead a healthy and happy life.

Great product Thank you

I love this book. It contains a lot of Ayurveda information and is a very good book for a novice like me. I am thoroughly enjoying reading it and will use it for reference in the future.

I just recently started reading this book and haven't gotten too far into it, but I already love it so much. The way Michelle writes makes you stay focused and interested. I can't wait until I finish it and learn more about Ayurveda.

Item as described and quick delivery

I found this book inspirational and a great guide to understanding what Ayurveda is about. I would highly recommend anyone to read this book.

So appreciate this incredible book. Very clear. Very easy to understand.....and follow.

[Download to continue reading...](#)

The Wheel of Healing with Ayurveda: An Easy Guide to a Healthy Lifestyle Ayurveda:
ASHWAGANDHA: The Miraculous Herb!: Holistic Solutions & Proven Healing Recipes for Health,
Beauty, Weight Loss & Hormone Balance (Ayurveda, Natural Remedies, Hormone Reset Book 1)
Ayurveda: Ayurvedic Essential Oils & Aromatherapy for Amazing Relaxation, Beautiful Skin &
Tremendous Healing! (Ayurveda, Essential Oils, Natural Remedies, DIY Book 1) Textbook of
Ayurveda, Vol. 1: Fundamental Principles of Ayurveda Healing: Reclaim Your Health: Self Healing
Techniques: Fasting, 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)
Vegetarian: 4-Week Vegetarian Nutrition Cookbook for Everyday Lifestyle - 39 Quick & Easy
Vegetarian Meal Plans for Beginners (Healthy Low Carb Vegetarian Recipes for Diet and Lifestyle)
Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing:
Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners

Book 1) Instant Pot Pressure Cooker Cookbook: Easy Recipes and the Ultimate Guide to Fast, Delicious, and Healthy Meals: Healthy, Easy And Delicious Meals With ... Crock Pot, Healthy, Quick & Easy, Paleo,) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Ayurveda Lifestyle Wisdom: A Complete Prescription to Optimize Your Health, Prevent Disease, and Live with Vitality and Joy Dinacharya - The Ayurvedic Morning Routine: Using Ancient Ayurveda Lifestyle Wisdom to Set Up Your Day for Health and Happiness! Easy European Cookbook Box Set: Easy English Cookbook, Easy Greek Cookbook, Easy French Cookbook, Easy Irish Cookbook, Easy German Cookbook, Easy Portuguese ... Portuguese Recipes, Irish Recipes 1) Crystal Healing: Simple Guide To Understanding The Benefits Of Crystals (Healing Stones ,Energy Healing,Crystal Healing Book 2) Crystal Healing: The Ultimate Reference Guide To Understanding The Benefits of Crystals (Healing Stones, Energy Healing, Crystal Healing, Chakras Book 1) Crystal Healing: The Ultimate Reference Guide To Understanding The Benefits of Crystals (Healing Stones, Energy Healing, Crystal Healing, Chakras) Crystals: The Ultimate Guide To: Energy Fields, Auras, Chakras and Emotional Healing (Aura, Healing Stones, Crystal Energy, Crystal Healing, Energy Fields, Emotional Healing, Gemstone) Air Fryer Recipes: 150 Super Easy, Healthy Recipes For Busy Lifestyle (Weight Loss, Healthy Living, Clean Eating) Ayurveda: The Science of Self Healing: A Practical Guide The Ayurveda Bible: The Definitive Guide to Ayurvedic Healing (Subject Bible)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)