



# **Complete Ayurveda Workbook: A practical approach to achieving health and wellbeing with ayurveda**

*Anna Selby*

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## **Complete Ayurveda Workbook: A practical approach to achieving health and wellbeing with ayurveda** Anna Selby

Ayurveda is one of the oldest systems of healthcare known to man. It means, literally, 'science of life', and according to ayurveda, just about everything is connected to your state of health. Written by Anna Selby, in conjunction with the European Ayurveda Health Spa, Complete Ayurveda Workbook interprets this ancient holistic system to suit the demands of our hectic lifestyles and sets you on the path to health and harmony. Part One explains the principles of ayurveda and shows you how to identify your own prakriti (your doshic make-up) by following a simple questionnaire. Part Two teaches you how to correct doshic imbalances by incorporating ayurvedic spa principles into your daily life through diet, exercise and meditation. Part Three reveals how you can maintain the inner balance of body and soul by embracing European Ayurveda's easy-to-follow principles in your home and workplace. This practical book will not only empower you to take control of your health and well-being, it will guide you towards a greater understanding of yourself as an individual and inspire you to get the most out of life every day.



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