



Perfect Health--Revised and Updated: The Complete Mind Body Guide

Deepak Chopra M.D.

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A decade ago, Deepak Chopra, M.D., wrote *Perfect Health*, the first practical guide to harnessing the healing power of the mind, which became a national bestseller. The book described how breakthroughs in physics and medicine were underscoring the validity of a 5,000-year-old medical system from ancient India known as Ayurveda ("the knowledge of life span" in Sanskrit). *Perfect Health* went on to describe how to apply the ancient wisdom of Ayurveda to everyday life. In celebration of this classic work we have created this new edition, revised and updated to include the latest medical research.

Although we experience our bodies as solid, they are in fact more like fires that are constantly being consumed and renewed. We grow new stomach linings every five days, for instance. Our skin is new every five weeks. Each year, fully 98 percent of the total number of atoms in our bodies is replaced. Ayurveda gives us the tools to intervene at this quantum level, where we are being created anew each day. Ayurveda tells us that freedom from sickness depends on contacting our own awareness, bringing it into balance, and then extending that balance to the body.

Perfect Health provides a complete step-by-step program of mind body medicine tailored to individual needs. A quiz identifies the reader's mind body type: thin, restless Vata; enterprising, efficient Pitta; tranquil, steady Kapha; or any combination of these three. This body type becomes the basis for a specific Ayurvedic program of diet, stress reduction, neuromuscular integration, exercise, and daily routines. The result is a total plan, tailor-made for each individual, to reestablish the body's essential balance with nature; to strengthen the mind body connection; and to use the power of quantum healing to transcend the ordinary limitations of disease and aging--in short, for achieving *Perfect Health*.

From the Trade Paperback edition.

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Diane Dean:

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Jerald Elliott:

This book untitled Perfect Health--Revised and Updated: The Complete Mind Body Guide to be one of several books that will best seller in this year, this is because when you read this book you can get a lot of benefit upon it. You will easily to buy that book in the book store or you can order it by using online. The publisher of the book sells the e-book too. It makes you easier to read this book, because you can read this book in your Smart phone. So there is no reason to you to past this e-book from your list.

Gary Sandler:

Why? Because this Perfect Health--Revised and Updated: The Complete Mind Body Guide is an unordinary book that the inside of the publication waiting for you to snap this but latter it will jolt you with the secret this inside. Reading this book adjacent to it was fantastic author who all write the book in such awesome way makes the content within easier to understand, entertaining technique but still convey the meaning thoroughly. So , it is good for you for not hesitating having this ever again or you going to regret it. This book will give you a lot of rewards than the other book have such as help improving your proficiency and your critical thinking approach. So , still want to hold up having that book? If I have been you I will go to the reserve store hurriedly.

Bernice Martinez:

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