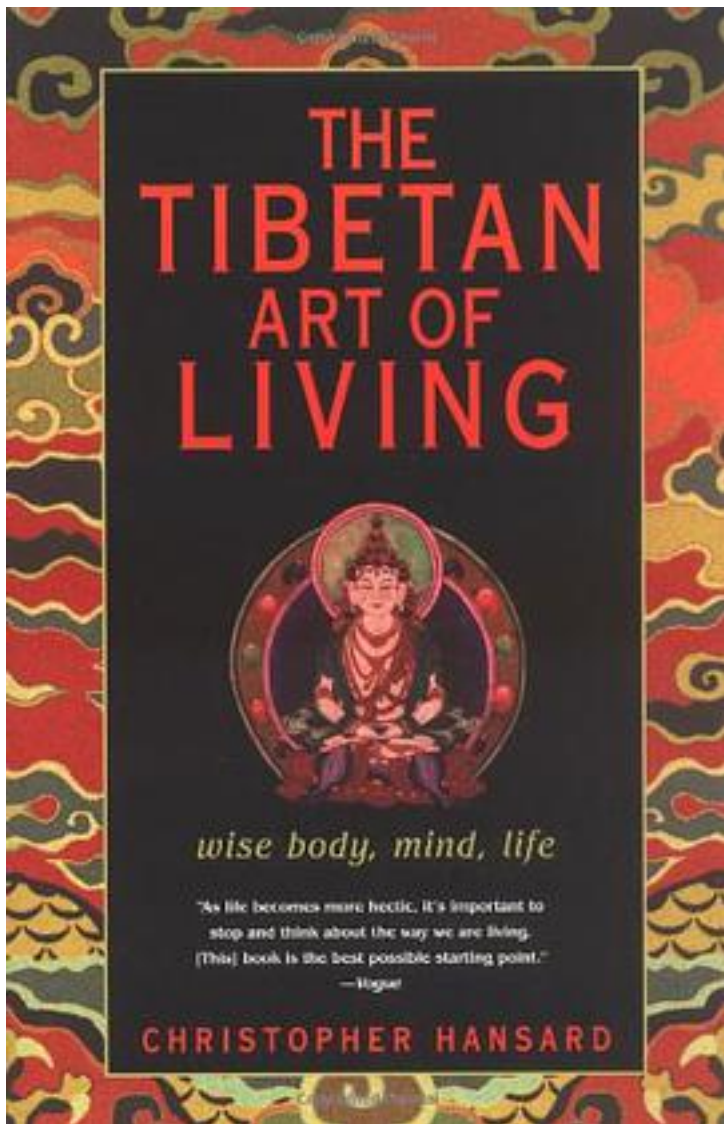


The Tibetan Art of Living



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Tibetan Bön medicine is one of the world's most vital, sophisticated systems of healing -- an ancient, detailed approach that aims to unite the mind, body, and spirit to restore a dynamic balance and create patterns of health. In *The Tibetan Art of Living*, Christopher Hansard -- the leading Western practitioner of Tibetan medicine -- introduces you to Bön's uniquely empowering worldview, and guides you to a new and enlightened level of discovery. His is the first book to reveal how to apply the wisdom and principles of Tibetan medicine to daily life.

The *Tibetan Art of Living* provides clear and practical techniques and advice that will lead to: A greater knowledge of yourself An understanding of the origins and causes of illness, and how we all hold illness in our bodies as well as in our minds The awareness that we are our own best healers A life of physical, emotional, and spiritual health

From dietary guidelines, massage, and rejuvenation techniques to mind-strengthening skills, soul medicine, and herbal remedies for common ailments, Hansard presents many simple ways of inviting Tibetan Bön wisdom and spirituality into everyday life.

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