

Ayurvedic Healing



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出版者:McGraw-Hill/Contemporary Books

出版时间:2001-10-01

装帧:

isbn:9780658011474

Ayurvedic Healing, a comprehensive examination of Ayurvedic principles, will introduce you to the time-honored yet practical methods that can bring harmony and balance to your body, mind, and spirit.

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目录:

[Ayurvedic Healing_下载链接1](#)

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