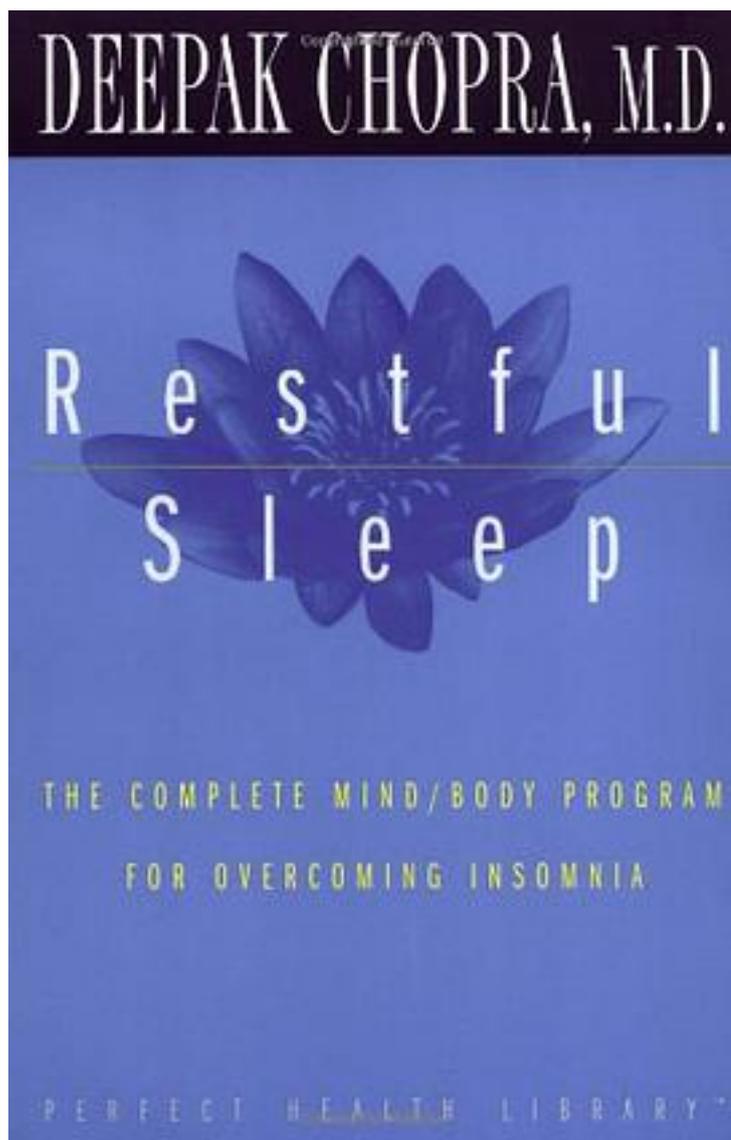


RESTFUL SLEEP



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著者:Chopra M.D., Deepak

出版者:Random House Inc

出版时间:1996-3

装帧:Pap

isbn:9780517884577

A new addition to the popular Perfect Health Library series--now available in paperback. Ayurveda, the ancient Indian science of life, is ideally suited to help with the problem of insomnia, in which the mind is known to play a considerable role. In this volume, Dr. Chopra shows readers how to fall asleep easily, feel rested upon arising, identify and eliminate the imbalances causing insomnia, and more.

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