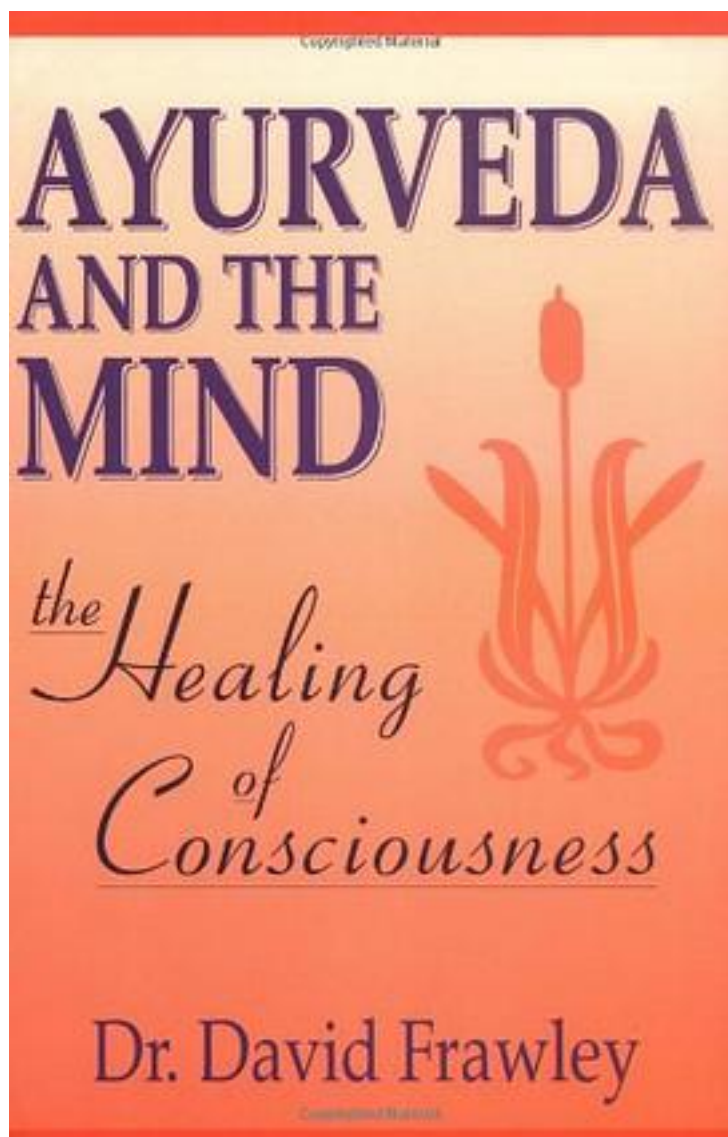


# Ayurveda and the Mind



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著者:Frawley, David

出版者:Natl Book Network

出版时间:1997-3

装帧:Pap

isbn:9780914955368

AYURVEDA AND THE MIND is perhaps the first book published in the West that explores specifically the psychological aspect of this great system. The book explores how to heal our minds on all levels from the subconscious to the superconscious, along with the role of diet, impressions, mantra, meditation, yoga and many other methods to create wholeness. "Opens the doors to a new energetic psychology," says Dr. Deepak Chopra, M.D.

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