

# CREATING HEALTH PA 91



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Dr. Deepak Chopra, author of the best-selling *Ageless Body*, *Timeless Mind*, offers his thousands of fans a newly revised edition of *Creating Health*, his groundbreaking book about the healing power of the mind. First published in 1987, *Creating Health* introduces the basic premises of Ayurveda, the six-thousand-year-old tradition of health care from India, and guides readers toward a sound understanding of the mind-body connection. Dr. Chopra is considered the preeminent spokesman for Ayurveda, which he blends with Western medical philosophy to create an intelligent and balanced approach to health. Dr. Chopra has revised *Creating Health* for the many people who are turning to alternative methods of health care as a result of the escalating crisis in traditional care. This edition incorporates a number of advances based on Dr. Chopra's recent work and new perspectives, including the techniques of mindfulness meditation, a simple but powerful form of breath-focused meditation.

作者介绍:

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