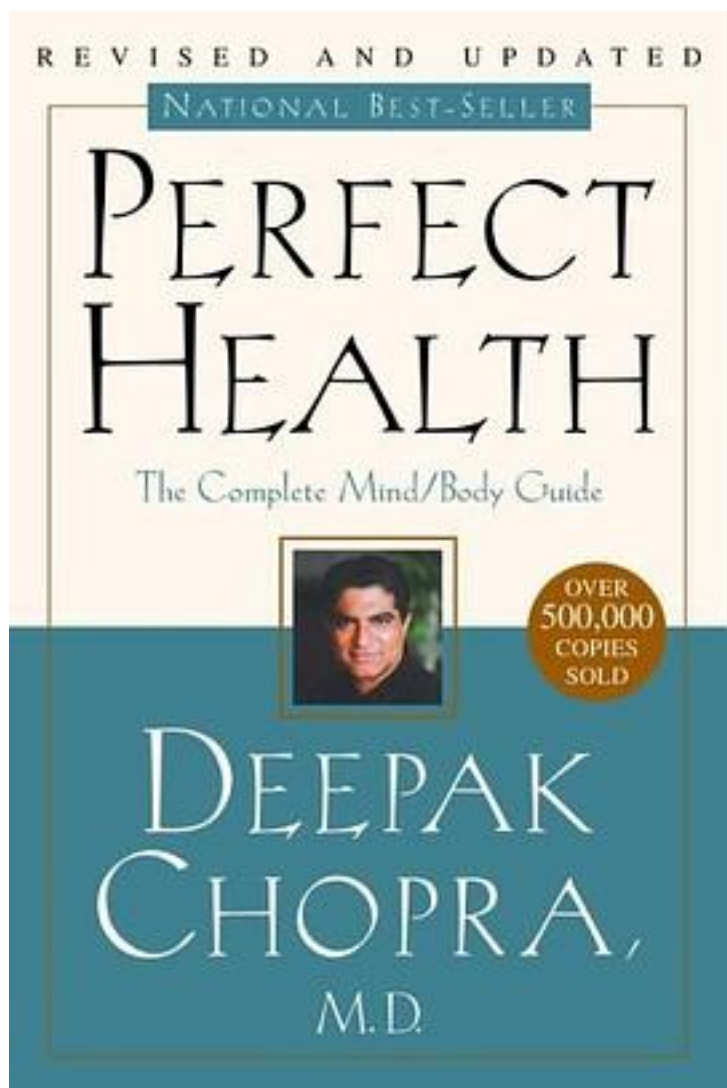


# Perfect Health



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著者:Deepak Chopra M.D.

出版者:

出版时间:1991-7

装帧:

isbn:9780517584217

From AudioFile Written and read by Deepak Chopra, M.D., this account of alternative healing comes from a seasoned, well-educated Western medical doctor. Chopra inspires us to discover the inner voices within ourselves to heal, transform and create a balanced state of all physical and psychological levels. Born and raised in India, Chopra also discusses aspects of Eastern culture. His soothing tone convinces the listener that he's found inner peace and we can, too. His conviction is personified in each word. B.J.P. (c)AudioFile, Portland, Maine --This text refers to an out of print or unavailable edition of this title. Book Description This book provides you with a perfectly tailored program of diet, stress reduction, exercises, and daily routines. Based on a 5, 000-year-old system of mind/body medicine known as Ayurveda, it provides the basis for reestablishing the body's natural balance, for straightening the mind/body connection, and for using the power of quantum healing to transcend disease and aging. Line drawings. See all Editorial Reviews

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