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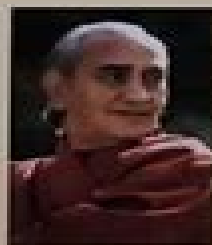
A PRACTICAL GUIDE TO
HOLISTIC HEALTH
by Swami Rama

What is your purpose in life?

How are you going to achieve that purpose?

Sri Swami Rama, educated in Himalayan cave monasteries and Western universities, teaches that holistic health depends on answering these two questions. In this book, he shows you how to discover your life's purpose and how to achieve optimum health through cleansing and nourishing, exercise and stillness, and understanding your emotions.

You'll learn the secrets of ancient practices that will help you rediscover your inner source of physical well-being, emotional stability, and peace.



SRI SWAMI RAMA, the founder of the Himalayan International Institute of Yoga Science and Philosophy, was raised in the Himalayan cave monasteries and ordained a monk in early childhood. He studied Western psychology, philosophy, and medicine in Europe and taught in Japan before coming to the United States in 1969. Here he founded the Himalayan Institute to create a bridge between the ancient teachings of the East and the modern scientific approaches of the West.



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A Practical Guide To Holistic Health

Swami Rama



A Practical Guide To Holistic Health:

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HOW DO YOU BALANCE YOUR LIFE AND YOUR BUSINESS Every solopreneur experiences isolation and overwhelm from time to time Whether you re starting growing or realigning your healing business The Successful Healer meets you where you are With business decisions to make and clients to attract sometimes you wish you had a roadmap Well here it is Using this book as a guide to awakening your innate wisdom you ll discover new approaches to self care and powerful techniques to dissolve any sense of paralysis or burden The Successful Healer gives you the resources for solving challenges and practical tools for work life balance Gain insight into other healers lives including how they ve resolved the issues you re having right now When you find yourself in a state of confusion stagnancy or burn out The Successful Healer supports and nourishes you Get back on track with a healthy perspective and the self confidence to share your gift with those who need it Reconnect with why you chose the path of the healer A sacred medicine box for every healer s journey that is akin to Louise Hay s You Can Heal Your Life but for your business It is a book to keep on the nightstand or bookshelf and refer to for years to come

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Table of Contents A Practical Guide To Holistic Health

1. Understanding the eBook A Practical Guide To Holistic Health
 - The Rise of Digital Reading A Practical Guide To Holistic Health
 - Advantages of eBooks Over Traditional Books
2. Identifying A Practical Guide To Holistic Health
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an A Practical Guide To Holistic Health
 - User-Friendly Interface
4. Exploring eBook Recommendations from A Practical Guide To Holistic Health
 - Personalized Recommendations

- A Practical Guide To Holistic Health User Reviews and Ratings
- A Practical Guide To Holistic Health and Bestseller Lists
- 5. Accessing A Practical Guide To Holistic Health Free and Paid eBooks
 - A Practical Guide To Holistic Health Public Domain eBooks
 - A Practical Guide To Holistic Health eBook Subscription Services
 - A Practical Guide To Holistic Health Budget-Friendly Options
- 6. Navigating A Practical Guide To Holistic Health eBook Formats
 - ePub, PDF, MOBI, and More
 - A Practical Guide To Holistic Health Compatibility with Devices
 - A Practical Guide To Holistic Health Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of A Practical Guide To Holistic Health
 - Highlighting and Note-Taking A Practical Guide To Holistic Health
 - Interactive Elements A Practical Guide To Holistic Health
- 8. Staying Engaged with A Practical Guide To Holistic Health
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers A Practical Guide To Holistic Health
- 9. Balancing eBooks and Physical Books A Practical Guide To Holistic Health
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection A Practical Guide To Holistic Health
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine A Practical Guide To Holistic Health
 - Setting Reading Goals A Practical Guide To Holistic Health
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of A Practical Guide To Holistic Health
 - Fact-Checking eBook Content of A Practical Guide To Holistic Health

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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