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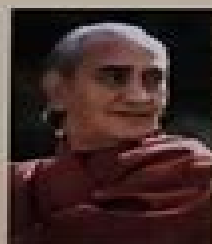
A PRACTICAL GUIDE TO
HOLISTIC HEALTH
by Swami Rama

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

Paavo Airola



A Practical Guide To Holistic Health:

A Practical Guide to Holistic Health Swami Rama,1980 **Dr. Airola's Practical Guide to Holistic Health** Paavo O. Airola,1979 *Every Woman's Book* N. D. Paavo Airola,Mary Ann Kibler,1983 Every Women's Book Paavo O. Airola,1979 *The Successful Healer: A Practical Guide for Holistic Health Practitioners* Debra Jones,2019-10-11

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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Optimum Healing CRAIG. BROWN, 2018-03-12 OPTIMUM HEALING is an essential guide to everyone interested in what good health really means and how to encourage it Through case histories which mirror the lives of ordinary people everywhere Dr Craig Brown shows that physical illness is often the expression of a deeper emotional and spiritual problem He explains that five negative attributes underly all illness anger depression guilt attachment and worry and that unless these are released as one physical symptom is cured so another will inevitably occur In this highly readable book Dr Brown offers practical suggestions excercises and ideas to help you Confront and release your own negative attributes Find a balance between your body mind and spirit Establish harmony with your environment Discover your own path to optimum healing and inner peace *The Physician Within: A Practical Guide to the Natural Healing Power Within All of Us* Stan Gross, D.C., 2014-05-15 Dr Gross is an author lecturer product developer and international teacher He has practice in the St Louis Missouri and surrounding area for the past 25 years His work has taken him to Central and South America China Southeast Asia the Middle East and the Russian Republic His message of wellness has been well received by people of all ages races and nationalities Dr Gross has also developed and patented several nutritional products for humans horses dogs and cats His recent project involves addressing the issues of starvation in less fortunate areas of the world

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