

PERFECT HEALTH THE COMPLETE MINDBODY GUIDE, REVISED AND UPDATED EDITION



Three Rivers Press. Paperback. Book Condition: New. Paperback. 390 pages. Dimensions: 8.8in. x 6.0in. x 1.1in. A decade ago, Deepak Chopra, M. D. , wrote Perfect Health, the first practical guide to harnessing the healing power of the mind, which became a national bestseller. The book described how breakthroughs in physics and medicine were underscoring the validity of a 5, 000-year-old medical system from ancient India known as Ayurveda (the knowledge of life span in Sanskrit). Perfect Health went on to...

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