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Perfect Health The Complete MindBody Guide, Revised and Updated Edition

By M. D. Deepak Chopra

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 describe how to apply the ancient wisdom of Ayurveda to everyday life. In celebration of this classic work we have created this new edition, revised and updated to include the latest medical research. Although we experience our bodies as solid, they are in fact more like fires that are constantly being consumed and renewed. We grow new stomach linings every five days, for instance. Our skin is new every five weeks. Each year, fully 98 percent of the total number of atoms in our bodies is replaced. Ayurveda gives us the tools to intervene at this quantum level, where we are being created anew each day. Ayurveda tells us that freedom from sickness depends on contacting our own awareness, bringing...



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