



Perfect Health In 20 Weeks

By Amar Chandel

Konark Publication, New Delhi, 2010. Soft cover. Condition: New. 160pp. Emotional problems, diseases and pain have become a part of modern life. A majority of people suffer from headaches, migraine, sinus, blood pressure, neck pain, backache, diabetes, stress, jointache and what not?that too from a very young age. They spend a fortune on getting treatment, but the relief is only temporary. Medicines are not at fault. The real difficulty is that all these are lifestyle problems, which just cannot be eliminated till we change our day-to-day life. The book teaches you what the root causes of the ailments are and how to remove them. The book makes you look better, feel younger and live longer, healthier and happier.



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