



Perfect Health (2nd Revised edition)

By Deepak Chopra

Transworld Publishers Ltd. Paperback. Book Condition: new. BRAND NEW, Perfect Health (2nd Revised edition), Deepak Chopra, When it was first published in 1990, Deepak Chopra's Perfect Health quickly became an international bestseller. Combining ancient Ayurvedic healing practices with modern Western medicine, this unique book offered a step-by-step programme of mind/body medicine that could be tailored to the individual's needs. Now, in celebration of the tenth anniversary of this classic bestseller - which has achieved worldwide sales of over 500,000 copies - Chopra returns to his groundbreaking work to bring a fresh, invigorating perspective on this total health plan. Complete with a new introduction, questionnaires and the latest scientific and medical research studies, this revised edition is destined to appeal to the millions of Chopra devotees - and all those in search of balance, harmony and perfect health.



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