



Cosmic Bodies: The Ayurvedic Astrology Guide to Health Well-Being (Paperback)

By Gary O Toole

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 235 x 191 mm. Language: English . Brand New Book ***** Print on Demand *****.Cosmic Bodies is a holistic guide to health and well-being that merges the Ayurvedic approach with astrological insights. This book will give you an understanding of your true nature whilst offering guidance on how best to exercise for your mind-body type. Laid out in a workbook format, Cosmic Bodies offers easy-to-follow steps that can be used to interpret your unique nature using your own horoscope. You will develop awareness of your lifestyle needs in order to achieve better balance, prevent injury and create greater resistance to stress and illness through appropriate activities. This guide takes the reader from the foundations of today's popular Vedic sciences; Ayurveda, yoga and Vedic astrology, right through to the more dynamic influences of planetary time periods and how astrology can be easily applied to your day-to-day life. The planets and zodiac signs are explained in detail, offering advice on how to approach activities based on their alignment in your horoscope.



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Reviews

Extensive guideline! Its this sort of very good go through. I have got read and i am confident that i will gonna read through once more once more in the future. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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This book could be worthy of a read through, and a lot better than other. It can be full of knowledge and wisdom I am just happy to tell you that here is the best book we have read through inside my personal lifestyle and could be he finest pdf for ever.

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