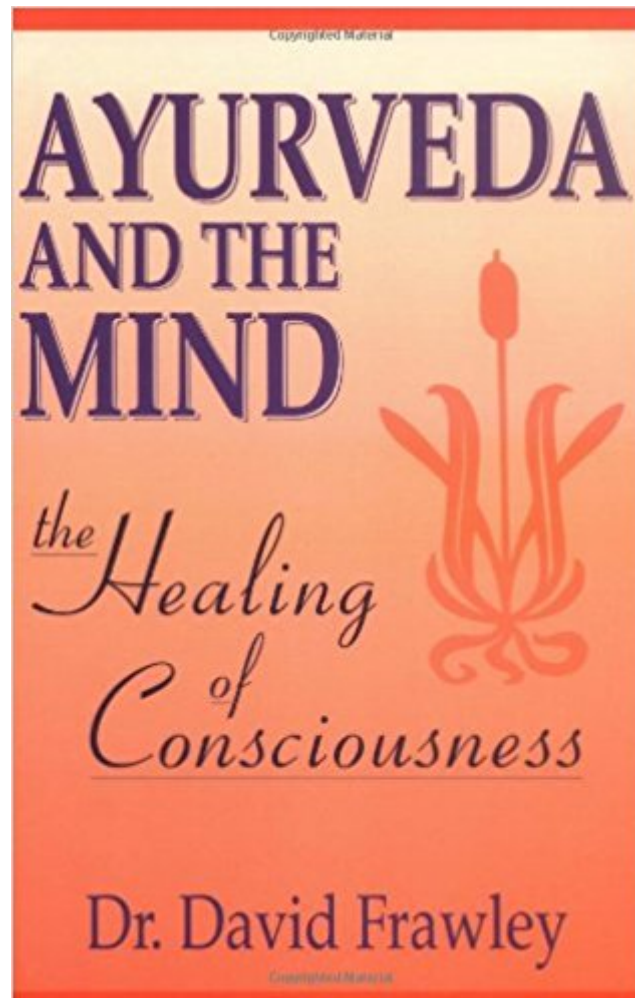




Ebook Directory
the best source of ebook

The book was found

Ayurveda And The Mind: The Healing Of Consciousness



Synopsis

This book explores how to heal our minds on all levels to create wholeness.

Book Information

Paperback: 358 pages

Publisher: Lotus Press; 1st edition (March 21, 1997)

Language: English

ISBN-10: 0914955365

ISBN-13: 978-0914955368

Product Dimensions: 5.6 x 0.7 x 8.7 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 48 customer reviews

Best Sellers Rank: #172,210 in Books (See Top 100 in Books) #49 in [Books > Health, Fitness & Dieting > Alternative Medicine > Ayurveda](#) #652 in [Books > Health, Fitness & Dieting > Alternative Medicine > Healing](#) #15533 in [Books > Self-Help](#)

Customer Reviews

This is the best overview and in-depth coverage of the 8 fold path of yoga as well as the nature of the mind, I have come across. The book is a goldmine of useful insights and information that presents a clear and balanced path to greater balance and happiness in life. Well worth the money. I will definitely be buying his other books.

Insightful and clearly written book of the levels of mind. Great book for both those new in and for those familiar with Ayurveda. It's also useful for those interested in the Yogic philosophy and psychology. I love all the books by Dr. David Frawley, and this is one of those great books. It accompanies well with his other book on the subject "Yoga and Ayurveda - Self-healing and Self-realization". I would definitely recommend reading these both. These books are worthy of reading for both yogic and ayurvedic practitioners.

I thought this book was incredibly fascinating and very well written. It is not an easy read and I'm sure I'll need to read it a few more times to really get it, but I am always looking for alternative approaches to psychological treatments, and this book delivers. It brings my love for psychology, spirituality and Ayurveda together and delves deeper into all those aspects.

I love the way Dr. Frawley writes. I enjoy all of his books and this one is no exception. When one understands the elements and their manifestation, one gets a clearer understanding of the mind and how it operates. Excellent intro for anyone interested in a holistic view of psychology or a more empowering way of understanding our thoughts.

I enjoyed this book, fair warning though, I knew very little about Ayurveda when I started this book - it is packed with great info - and I found it fascinating. If you enjoy learning new ways at looking at how the mind works, it's worth a read.

Item as described and quick delivery

The author describes the psychological aspect of ayurveda in a very precise yet easily understandable to all...however he could have focused a bit more on the physical aspects at the start for the western world...

Perfect condition. Thanks.

[Download to continue reading...](#)

Ayurveda and the Mind: The Healing of Consciousness Ayurveda: ASHWAGANDHA: The Miraculous Herb!: Holistic Solutions & Proven Healing Recipes for Health, Beauty, Weight Loss & Hormone Balance (Ayurveda, Natural Remedies, Hormone Reset Book 1) Ayurveda: Ayurvedic Essential Oils & Aromatherapy for Amazing Relaxation, Beautiful Skin & Tremendous Healing! (Ayurveda, Essential Oils, Natural Remedies, DIY Book 1) Textbook of Ayurveda, Vol. 1: Fundamental Principles of Ayurveda Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) Crystal Healing: Charge Up Your Mind, Body And Soul - Beginner's Journey (Crystal Healing For Beginners, Chakras, Meditating With Crystals, Healing Stones, Crystal Magic, Power of Crystals Book 1) Crystal Healing: Charge Up Your Mind, Body And Soul - Beginner's Journey (Crystal Healing For Beginners, Chakras, Meditating With Crystals, Healing Stones, Crystal Magic, Power of Crystals) (Volume 1) Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental

power, mind control, thought control] (brain power, subconscious mind power, NLP, Neuro Linguistic Programming) Crystals: The Ultimate Guide To: Energy Fields, Auras, Chakras and Emotional Healing (Aura, Healing Stones, Crystal Energy, Crystal Healing, Energy Fields, Emotional Healing, Gemstone) Crystal Healing: Simple Guide To Understanding The Benefits Of Crystals (Healing Stones ,Energy Healing,Crystal Healing Book 2) Crystal Healing: The Ultimate Reference Guide To Understanding The Benefits of Crystals (Healing Stones, Energy Healing, Crystal Healing, Chakras Book 1) Crystal Healing: The Ultimate Reference Guide To Understanding The Benefits of Crystals (Healing Stones, Energy Healing, Crystal Healing, Chakras) Ayurveda and Panchakarma: The Science of Healing and Rejuvenation The Ayurveda Way: 108 Practices from the World's Oldest Healing System for Better Sleep, Less Stress, Optimal Digestion, and More Yoga & Ayurveda: Self-Healing and Self-Realization Ayurveda: The Science of Self Healing: A Practical Guide The Wheel of Healing with Ayurveda: An Easy Guide to a Healthy Lifestyle The Ayurveda Bible: The Definitive Guide to Ayurvedic Healing (Subject Bible)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)