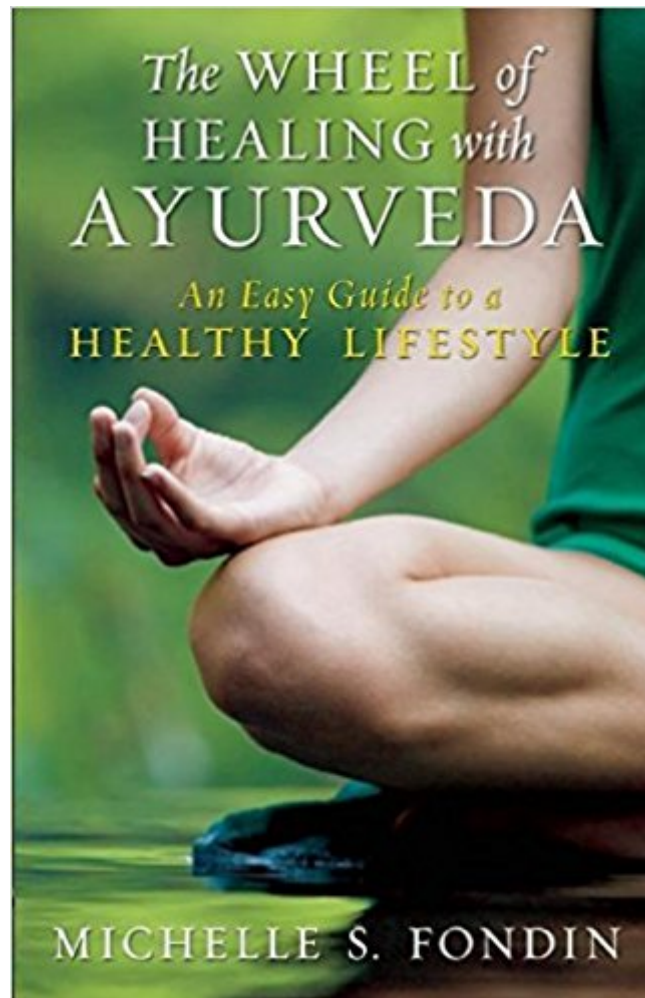




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# **The Wheel Of Healing With Ayurveda: An Easy Guide To A Healthy Lifestyle**



## Synopsis

Build Optimal Energy and Health in Body, Mind, and Spirit Ever wondered why you're feeling out of balance, stressed-out, sick, and exhausted but still can't sleep? Western medicine often ignores the underlying issues that can lead to fatigue, illness, and disease, but there is a way to revitalize your body and mind without drugs or dangerous side effects. Ayurveda, the "science of life" is a complete wellness system that includes all that we associate with medical care • prevention of disease, observation, diagnosis, and treatment • as well as self-care practices that are generally absent from Western medicine. This truly holistic approach considers not just diet, exercise, and genetics but also relationships, life purpose, finances, environment, and past experiences. In this thorough and practical book, Michelle Fondin guides you gently through self-assessment questions designed to zero in on your needs and the best practices for addressing them, such as eating plans, addiction treatment, detoxification, and techniques for improving relationships. She outlines steps you can take, with minimal cost, to heal common ailments such as high blood pressure, heart disease, diabetes, excess weight, anxiety, and depression. These time-tested methods for body, mind, and spirit wellness offer benefits to anyone at any age.

## Book Information

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## Customer Reviews

Beautifully written, comprehensive, and real-world! Michelle Fondin brilliantly guides the reader through a transformational journey and teaches us to roll smoothly through

life. It's twists and turns with a powerful and easily accessible game plan.;

Davidji, bestselling author of *Secrets of Meditation*; Having actively participated in her own healing by following the principles of Ayurveda, Michelle Fondin is a living example of the beauty and benefits of Ayurveda. She outlines a holistic approach with which we can keep all areas of our lives healthy and balanced. Simple yet profound. I loved it!

Lissa Marie Coffey, bestselling author of *What's Your Dosha, Baby?*; Michelle Fondin's book will introduce you to Ayurveda and supply you with simple, practical, and creative ways to improve every aspect of your health.;

from the foreword by Sudha Bulusu and Dr. Shekhar Annambhotla, founder of Association of Ayurvedic Professionals of North America (AAPNA); Extraordinarily well written, informed and informative. Thoroughly 'reader friendly' in organization and presentation, *The Wheel of Healing with Ayurveda* is especially recommended to the attention of the non-specialist general reader with an interest in alternative medicine in general, and an Ayurveda approach to health issues in particular.;

Midwest Book Review

Michelle S. Fondin holds a Vedic Master Certificate from the Chopra Center and is a member of the National Ayurvedic Medical Association and Yoga Alliance. She treats clients at her Ayurvedic Path center, speaks and offers workshops, and lives in Herndon, Virginia.

Around one year ago, I decided that I needed more peace, happiness and balance in my life. I'm so thankful that I found Michelle Fondin's yoga studio, The Ayurvedic Path, in Herndon, VA to practice yoga. During my practices, I learned of Michelle's book, "The Wheel of Healing with Ayurveda". I had heard some things about Ayurveda, but didn't really know what it was, how it worked and if it could help me. So I decided to read Michelle's book. So glad I did! I found it to be an extremely informative and helpful introduction to Ayurveda. Michelle really breaks Ayurveda theory and practice down so that readers can understand and use it in a functional way. I love everything about this book including the very helpful questionnaires, checklists and exercises. I've learned many things, but most importantly I've learned that our health is multidimensional. This quote says it all, "Health is an integration of my mind, emotions, soul, spirit, physical body and purpose in life". So true. As Michelle says, "If one of these is out of balance, they are all out of balance, rest assured." This book has really helped me to think about my health in a different way. I highly recommend "The Wheel of Healing with Ayurveda" to help you on your path to health, healing and happiness!

I recently bought 'The Wheel of Healing with Ayurveda' and was fascinated with the information that

Michelle has shared with us, making it real simple to understand the art of Ayurveda and the overall benefits it can have one's well being. I would definitely recommend this book. It is helping me to understand my inner self and how to lead a healthy and happy life.

Great product Thank you

I love this book. It contains a lot of Ayurveda information and is a very good book for a novice like me. I am thoroughly enjoying reading it and will use it for reference in the future.

I just recently started reading this book and haven't gotten too far into it, but I already love it so much. The way Michelle writes makes you stay focused and interested. I can't wait until I finish it and learn more about Ayurveda.

Item as described and quick delivery

I found this book inspirational and a great guide to understanding what Ayurveda is about. I would highly recommend anyone to read this book.

So appreciate this incredible book. Very clear. Very easy to understand.....and follow.

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