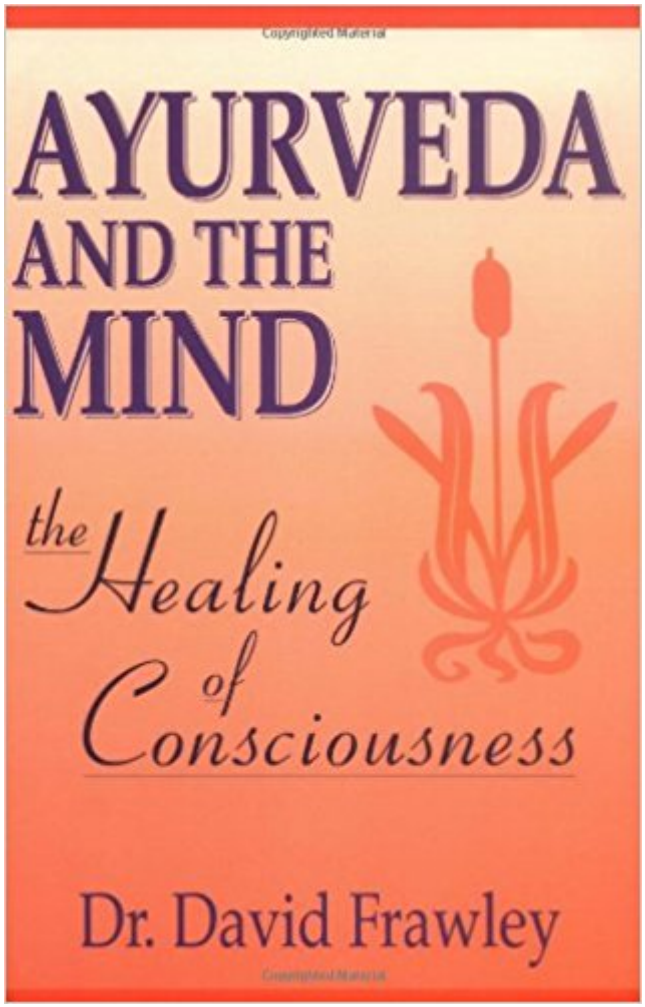
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Ayurveda And The Mind: The Healing Of Consciousness



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Synopsis

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

Book Information

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Best Sellers Rank: #172,210 in Books (See Top 100 in Books) #49 inÃ Â Books > Health, Fitness & Dieting > Alternative Medicine > Ayurveda #652 inÃ Â Books > Health, Fitness & Dieting > Alternative Medicine > Healing #15533 inÃ Â 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.

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