

## AN EASY GUIDE TO AYURVEDA: The Natural Way to Wholeness

By Davis, Roy Eugene

CSA Press, 1996. Paperback. Book Condition: New. 8vo - over 7¾" - 9¾" tall. Basic Principles, Practices, and Routines for Total Well-Being, Rapid Spiritual Growth, and Effective Living. Experiencing inner balance and spiritual growth through lifestyle routines, diet, mental and physical cleansing, and the use of gemstones, colour, metals and mantras. CSA Press 1996. illus. 158pp pb slightly bumped, new.



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