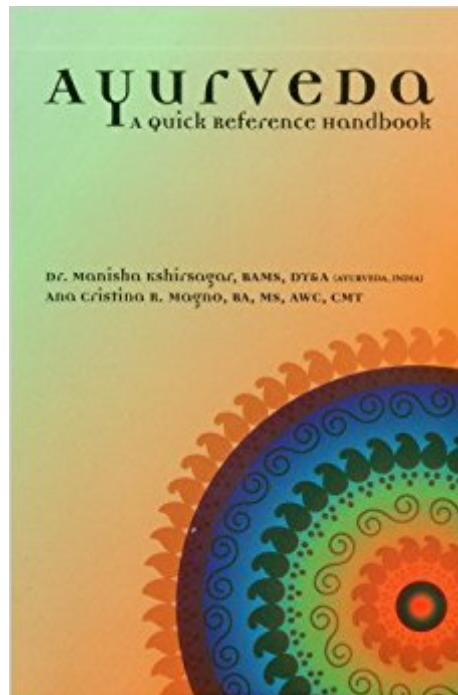




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Ayurveda: A Quick Reference Handbook



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"Ayurveda: A Quick Reference Handbook is an excellent addition to the library of any Ayurvedic student or practitioner, and is written in a clear style for beginners. It summarizes all of the basic Ayurvedic knowledge in beautiful charts that make finding the information for reference easy. Yoga, Jyotish and Vastu included in the same book expands the vedic resources for Ayurvedic students." - Cynthia Copple, Dean: Mount Madonna College of Ayurveda; President: Lotus Holistic Health Institute

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This book is an incredible resource, very easy to access and use. A delightful and insightful read, it is a wonderful guide to ayurveda. I absolutely recommend this to anyone looking to expand their knowledge on this subject and/or build a library of resources for themselves. This one is indispensable.

Thank you! Dr. Manisha.....I love the simplicity of your book with the clarity that one needs to understand Ayurveda. I recommend this guide to all my students and friends.

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This is an excellent resource for the basics of Ayurveda. Every basic topic is covered with a clear explanation.

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