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Mind, Body and Spirit: A Thrilling Journey to the Ultimate You

By Nancy Deville

Times Group Books, New Delhi, India, 2011. Softcover. Book Condition: New. First Edition. We're living longer, but our quality of life isn't necessarily any better. With equal measure of easy-to-read physiology, wit, and practicality, Mind, Body and Spirit veers away from unhealthy conventional dietary and lifestyle wisdoms and shows how to unite these for long-term vitality. The author provides a series of straightforward, no-nonsense guidelines that show you how to take control of your health. This comprehensive programme addresses topics such as accelerated aging and how to avoid it, how to properly care for and nourish your brain, managing insomnia, practicing self-compassion, and the appropriate exercise levels for all ages. Whether you are a twenty-year old who can't wake up without four cups of tea and a cigarette, a depressed thirty-five-year old with no sex drive, or someone later in life free-falling into old age, Mind body and Spirit Shows you how to redefine your sense of well-being in a toxic world. Printed Pages: 322.



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