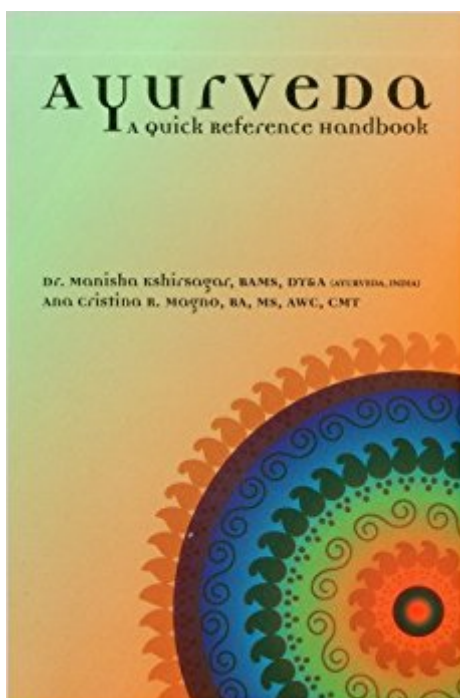


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Ayurveda: A Quick Reference Handbook



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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 Cople, Dean: Mount Madonna College of Ayurveda; President: Lotus Holistic Health Institute

Book Information

Paperback: 96 pages

Publisher: Lotus Press; 1 edition (February 16, 2012)

Language: English

ISBN-10: 0940676958

ISBN-13: 978-0940676954

Product Dimensions: 6.1 x 0.2 x 9.2 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 20 customer reviews

Best Sellers Rank: #160,470 in Books (See Top 100 in Books) #44 in [Books > Health, Fitness & Dieting > Alternative Medicine > Ayurveda](#)

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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.

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