



The Art of Healthy Living: A Mind-Body Approach to Inner Balance and Natural Vitality (Paperback)

By Hodayoun Sadeghi

Weyburn Wise Publishing, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. In The Art of Healthy Living, author Hodayoun Sadeghi, MD, draws from his personal experience and practice as a physician to highlight the delicate, interconnected nature of the mind and the body. He describes how the mind plays an intimate role in balancing and maintaining the body, and that understanding this relationship is essential to achieving a strong, fit, and healthy body. People of all ages and walks of life have drawn inspiration and insight from Dr. Sadeghi's knowledge and unique perspective about health, happiness, and inner vitality. In this thought-provoking book, he cracks open a world of wisdom that lays the foundation for a healthy and vibrant life. In chapters like The Virtual Nature of the Universe, The Riddle of Disease and Illness, and The Age Old Secrets of Healthy Living, this compelling book inspires a culture of health and vitality based on reliance on instinct, intuition and inner guidance. This book encourages the reader to look inward to rediscover and reestablish the wisdom that lies within. Dr. Sadeghi explains how health takes effort, and that this effort starts from the...



READ ONLINE
[6.79 MB]

Reviews

Unquestionably, this is actually the greatest function by any writer. We have go through and so i am confident that i am going to gonna read through once more once again later on. I am just happy to explain how this is actually the very best book i have got go through during my individual existence and might be he greatest ebook for ever.

-- **Wilbert Connelly**

It becomes an amazing ebook that we have possibly read through. It is really simplified but surprises within the 50 % from the ebook. You can expect to like how the blogger compose this book.

-- **Ms. Shaina Legros III**