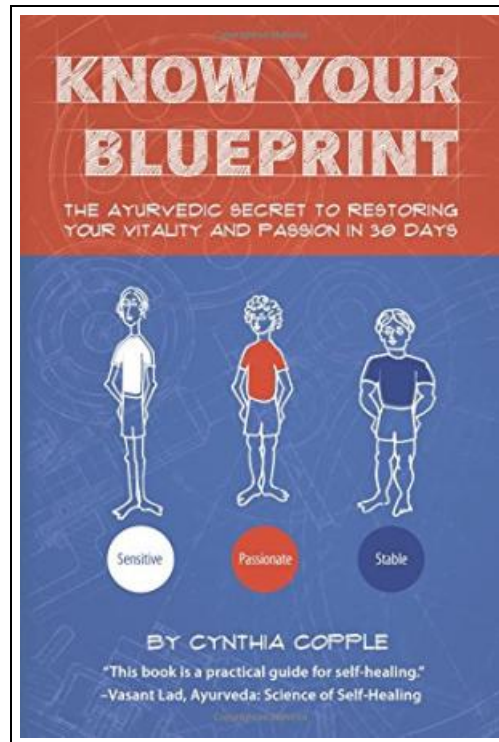


Know Your Blueprint: The Ayurvedic Secret to Restoring Your Vitality and Passion in 30 Days



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Reviews

This sort of book is every little thing and made me searching ahead and more. Sure, it is actually play, nonetheless an amazing and interesting literature. You wont feel monotony at whenever you want of the time (that's what catalogs are for relating to in the event you ask me).

(Gavin Bosco IV)

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Dog Ear Publishing, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.When Cynthia first encountered Ayurvedic medicine and Yogic philosophy, she was a Vietnam War reporter and photographer travelling the world, with absolutely no interest in medicine, eastern or western. Convinced by a friend, she attended a class with Dr. Vasant Lad, and shortly afterwards to her surprise, she began a formal study of Ayurveda with Dr. R.P. Trivedi, a worldrenowned master, who told her that her mission was to bring Ayurveda to the west. Today Cynthia Copple is a nationally recognized Ayurvedic Master and Director of the Lotus Holistic Health Institute in Santa Cruz, California where she has helped thousands regain their health and rediscover their passion for life. As co-founder of the National Ayurvedic Medical Association and the Mount Madonna Institute College of Ayurveda, she has trained many Ayurvedic practitioners. Do you know your blueprint? Are you a Passionate, Sensitive or Stable? Most people have never heard of having an individual blueprint, but according to Ayurvedic Master and Author Cynthia Copple, your inherited blueprint unlocks the surprising key to your vibrant health and success. Find out the best and worst foods for your genotype, the exercise and daily routine to make you thrive, easy ways to lose weight, your ideal career, the secrets of relationship, and more. No matter what problem or challenge you are facing, in 30-days you can uncover the secret to undiminished vitality and be on the way to achieving your goals. Get unstuck and finally experience the vibrant health and success you were designed to have! Don t miss the fascinating stories that reveal how even the most difficult life situation can be transformed when the light of the blueprints is...



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