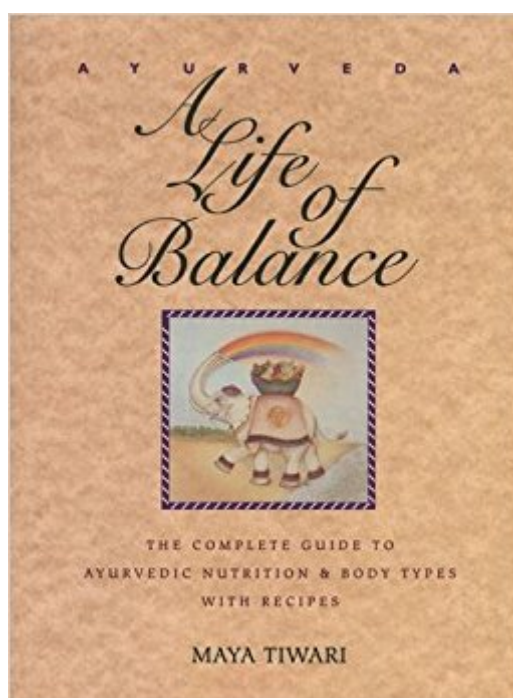


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Ayurveda: A Life Of Balance: The Complete Guide To Ayurvedic Nutrition & Body Types With Recipes



Synopsis

This book is a profound but practical testament to the healing power of balanced living and shows how Ayurveda's ancient principles of health can help you achieve the highest levels of physical, emotional, and spiritual well-being. Cancer survivor Maya Tiwari provides a thorough profile of the seven body types and the foods best suited to each. Her book is the first to include a complete discussion of the personality or psychospiritual attributes of the Ayurvedic body types, as well as food charts, seasonal menus, and recommended daily routines for each type. A chapter on sadhanas focuses on activities of the hearth, home, garden, and community that activate our "cognitive memory" of right living. An extensive section of uncomplicated recipes, keyed to the body types, and another on home remedies help provide a painless transition to a healthier and more fulfilling lifestyle.

Book Information

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Customer Reviews

Ayurveda: A Life of Balance is a very complete and authoritative manual on the Vedic principles of health and nutrition, written by a well-respected expert in the field. It will be of great benefit to the layman and professional alike.

"Maya Tiwari has been carving her own life-niche for many years. Forced by cancer to re-evaluate and refine her life that it might help to heal her, she returned to her own roots in Ayurveda, and from those roots has sprouted this book, a book which is both part of her therapy and a way to share her

experience with others who need to heal. Inspired by Ayurveda, this book testifies to how Maya has successfully integrated its principles into her own life, and how others can do the same, to make their lives happy, healthy, and harmonious." (Dr. Robert E. Suoboda Ayurvedic physician and author of Prakruti)"Here is a very special person who has journeyed through cancer, healed herself and now teaches others how to cross over the dark passages to light and life. This deeply personal and spiritual offering is a necessity to everyone who seeks to know the ancient secrets of healing from the Ayurvedas." (Dr. Wally Burnstein Physician and anti-food irradiation activist)"Maya Tiwari's gift to us is that her life of study, reflection, healing and becoming is a perpetual unfolding act. She has through personal experience and example acquired rich insight into an elusive ancient subject. Her book is faithful to the original precepts of Ayurveda which reveals the immortal principles of health and, ultimately, Self-realization." (Scott Gerson, M.D. Director, Ayurvedic Medicine of New York President, Foundation for Holistic Medic)"In her book, Maya introduces the Ayurvedic diet with a universal flavor and shows how to awaken Ahamkara (the memory of who we really are) through the proper use of wholesome foods. By understanding our individual body types, and using foods that best support and enhance each one, we are employing a powerful and essential method of attunement. I am truly grateful to Maya and a handful of other Vedic scholars who continue to devote their lives to sharing this knowledge with the rest of the world. A world that is in great need and which, hopeful, may finally be ready to receive it." (Lindsay Wagner Actress and author)"Ayurveda: A Life of Balance is a very complete and authoritative manual on the Vedic principles of health and nutrition, written by a well-respected expert in the field. It will be of great benefit to the layman and professional alike." (Deepak Chopra, M.D. Author of Quantum Healing and Perfect Health)"Bri. Maya is indeed the shining Yogi. Her book will benefit everyone who is conscious of personal health and global environment. (Barbara Y.E. Pyle Vice President Turner Broadcasting System)

I had this in my library along with another of Maya's books. This library was large at that time and I simply did not have time to read through it. I ended up giving it away to a friend and a year later read Path of Practice by the same author. I fell in love with the writing and subject and had to purchase this book again. I found it to be a wonderful cookbook but more in that it introduced me to a way of life and a perspective on health that I was unaware of prior. I highly recommend this book to learn about ayurveda and begin to experience it first hand. But be warned, I have been studying Ayurveda since and this could just change your life!

I found this book to be a very good introduction to Ayurveda -- comprehensive, clear and accessible. I'm somewhat surprised at reviews that found it otherwise. It covers the fundamentals without burying the person who is new to the concepts in an overwhelming amount of intimidating detail. I have purchased several copies as gifts. Though I am adamantly not a religious person, I find much value in the spiritual and mystical readings when viewed as parables, which I think they are, and in this context gain a better understanding of the belief systems underlying the practice. I wholeheartedly concur with those who appreciated the expanded explanations of combination doshas as I believe that stopping with the three dosha types is much too simplistic and the food lists provided for each major and combination dosha types were extremely helpful. I have not remained terribly consistent in my practice, but certain recommendations have proven extremely beneficial to my overall health and sense of well being. And when I feel extremely out of balance, I return to it over and over for motivation.

This is a good book - takes a little more effort to read as it's written from an Eastern perspective so readers may be a little more unfamiliar with some of the concepts. I LOVE the recipes! There are LOTS of them - and many are easy to make with regular ingredients. Plan to peruse this book over time. Book arrived in perfect shape.

I disagree with a previous reviewer that this book is mainly a cookbook. I find that it has MUCH more to offer than that. I am currently in a 200 hour yoga teacher training course, and this book is required reading for me. Tiwari goes very much into the philosophy behind Ayurveda and the doshas, yet explains it in a way that the average reader can understand. She gives the best explanations of each dosha that I've ever read, going into aspects such as career and sexuality, diet, exercise, physical and emotional traits. She then gives food charts for the 10 doshas, instead of the usual three doshas that most do. She lists foods that are beneficial, and those that are not. I find this book to be wonderful, and very accessible to the casual reader as well as the experienced person very into Ayurveda.

This book is so well written. For all types and so right on with diet needs. I highly recommend this info for a desired life of balance. Love this book. You won't be disappointed. So happy!

I have had this book for 17 years and find that this book was so informative for me that I just had to buy one for my best friend. We are genuinely appreciative for the teachings and are learning more

about life each day. As a cancer survivor, I take life very seriously. I don't have time to read quick fix no effort books. This book does not restrict the possibilities. As the title shows - A Life of Balance:

This book offers a nice introduction on the very complex topic of Ayurveda, particularly as it relates to diet. The best feature of the book is it's inclusion of food recommendations for dual-type doshas (body types). Concepts are explained clearly and in detail. Many of the recipes include spices, legumes and grains, which may be less familiar to many, but are well worth exploring. This book is an invaluable resource for those seeking to improve their health and well-being through a balanced, nourishing, whole-foods diet. It is particularly suited to those interested in yoga, holistic health, and Indian cuisine.

If you want to move away from toxic commercial based medical treatments towards a position of greater personal involvement in your own healthcare, get this book, read it slowly and carefully, watch what you eat, and treat what you eat as medicine for better health. Period.

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