



Creating Health: How to Attain Perfect Health and Feel Ever Youthful

By Deepak Chopra

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Creating Health: How to Attain Perfect Health and Feel Ever Youthful, Deepak Chopra, An essential introduction to Deepak Chopra's theory of the healing power of the mind, Creating Health is the definitive guide to his philosophy about the mind/body connection. Blending Eastern and Western medical philosophy, Chopra puts together a clear and easy path to follow for perfect physical and emotional health. With influences from Ayurveda, the 6,000-year-old tradition of medicine from India, Chopra uses Western terminology to explain how we can reassess health and disease and shows how, by focusing on self-awareness, compassion and the mind, we can improve our physical well being. In this book, he also introduces the benefits of meditation and creative visualization.



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