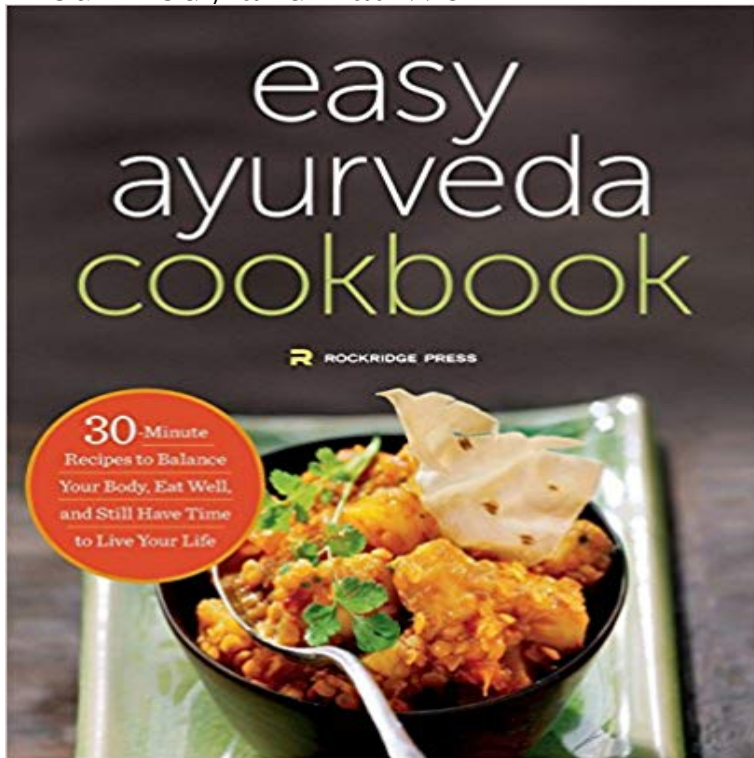


The Easy Ayurveda Cookbook: An Ayurvedic Cookbook to Balance Your Body and Eat Well



Put the power of an ancient healing tradition to work for you by creating a balanced body, clearer mind, and delicious meals--even on your busiest day. Ayurveda, a tradition that helped people flourish for 5,000 years, can become a powerful practice for strengthening our bodies, spirits, and minds. The Easy Ayurveda Cookbook combines a proven traditional approach to health with an understanding of today's time constraints. The Easy Ayurveda Cookbook offers: A handy quiz to help you determine your dosha--the essence of your body's composition 125 tantalizing recipes that can all be made in 30 minutes or less Clear labels that help you determine which recipes will balance your dosha More than 100 mindfulness tips that you can start using right now Harness the balancing power of an ancient tradition with The Easy Ayurveda Cookbook.

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