



Ayurveda: A Life of Balance: The Complete Guide to Ayurvedic Nutrition & Body Types with Recipes

By Maya Tiwari

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Ayurveda: A Life of Balance: The Complete Guide to Ayurvedic Nutrition & Body Types with Recipes By Maya Tiwari

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.

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By Maya Tiwari Bibliography

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Editorial Review

From Scientific American

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.

Review

"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*)

About the Author

Forced by cancer to reexamine and redirect her life, Maya Tiwari left a successful New York design career and returned to her native India to study Ayurvedic medicine. Now back in the U.S., she currently lectures and offers workshops on Ayurveda.

Users Review

From reader reviews:

Renee Oneal:

Have you spare time for any day? What do you do when you have considerably more or little spare time? Yep, you can choose the suitable activity to get spend your time. Any person spent their own spare time to take a move, shopping, or went to often the Mall. How about open or even read a book allowed Ayurveda: A Life of Balance: The Complete Guide to Ayurvedic Nutrition & Body Types with Recipes? Maybe it is to get best activity for you. You already know beside you can spend your time using your favorite's book, you can better than before. Do you agree with it has the opinion or you have other opinion?

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Emily Ferrell:

Spent a free time for you to be fun activity to accomplish! A lot of people spent their leisure time with their family, or their particular friends. Usually they doing activity like watching television, going to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Can be reading a book could be option to fill your free time/ holiday. The first thing that you'll ask may be what kinds of book that you should read. If you want to consider look for book, may be the guide untitled Ayurveda: A Life of Balance: The Complete Guide to Ayurvedic Nutrition & Body Types with Recipes can be good book to read. May be it may be best activity to you.

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