



Live Healthy Live Long

By Baldeo Sahai

Sterling Publishers UK Limited, Berkshire, UK, 2012. Soft cover. Book Condition: New. ?Body and mind, and spirit, all combine, to make the Creature, human and divine.? Ella Wheeler Wilcox. We all desire to lead a long and happy life. It can be achieved only through a harmonious development of body, mind and soul. This is exactly what this book offers. Running throughout the book like a thread is the wisdom of ancient Indian philosophy. It explains how to conduct gracious human behaviour (achaar), think positively (vichaar), carry on interpersonal relations (vyavahaar) and select a suitable diet (ahaar). By offering insights into the working of human mind, it shows us the way to increase our concentration and efficiency using simple exercises, ayurveda, yoga and meditation. Still, there are road blocks and temptations that influence the soul from all sides ? airwaves, bill boards and print media. These are the five formidable enemies of mankind ? lust, anger, greed, attachment and envy. It explains how to deal effectively with each and make a paradise of this planet. This book is for those who believe in a holistic approach ? living healthy and living long! Page Extent: 110.

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