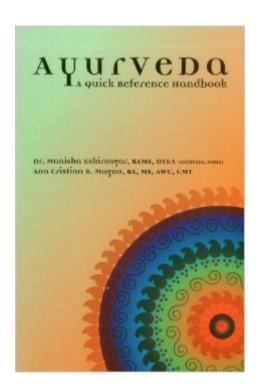
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# Ayurveda: A Quick Reference Handbook





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#### **Book Information**

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I use this book in my trainings with huge success. I love the format, the colors and the order of the information. Thank you for making my life easier in teaching this deep science with this great book!

repetitive information. I have a few books, this one is not my favorite.

I've studied Chinese Medicine, Western Nutritional Therapy, Ayurveda, among others. This book is very concise, packed full of a wide range of topics all easy to reference.

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