

Announcing...

Ayurveda @

...the reprint of a classic

This well-loved text, originally produced in England, is now available in the US. An excellent addition to *any* library, *Ayurveda: Life, Health and Longevity* is a thorough introduction to the concepts, principles and history of Ayurveda.

New! Expanded index and table of contents!

A Practical Explanation of Ayurveda

Ayurveda addresses the well-being of the entire being—physical, psychological and spiritual—in an approach to health and healing that is as relevant to the modern world as it was to the ancient world from which it emerged. Herbs and minerals, nutrition and purification, and affirmative ways of living are a few of the ways in which Ayurveda treats not just the ailment but the whole person, emphasizing prevention of disease to avoid the need for cure. The Ayurvedic principles and practices outlined in this book form a sound basis for accessing optimal health and balance.

Others Are Saying...

"Dr. Svoboda literally embodies the wisdom of Ayurveda. He is a spiritual seeker and practitioner of the highest order and lives in that most rare of worlds...one that exists in perfect balance, here mystical and medical become one."

Krishna Das, spiritual vocalist, creator of five CDs including *Breath of the Heart*, *Pilgrim Heart*, and *Door of Faith*.

"This book is probably the best of its kind on the market. Ayurveda is one of the best systems for self-healing and the author does not just present an authentic introduction to Ayurveda, but also gives the keys to understand its application in our lives. I recommend it to all my students."

Dr. Swami Shankardevananda, a pioneer in the field of yoga therapy and author of several notable texts on yoga therapy.

"In this book Dr. Svoboda has beautifully explained the history of Ayurveda, its basic principles and applications in our daily lives. Following these will help to expand the scope of your life, including your mental and physical health as well as longevity."

Vasant Lad, B.A.M.S., M.A.Sc., Ayurvedic Physician, author of *Ayurveda: The Science of Self-Healing*, *Textbook of Ayurveda*, and founder of The Ayurvedic Institute in Albuquerque, New Mexico.



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