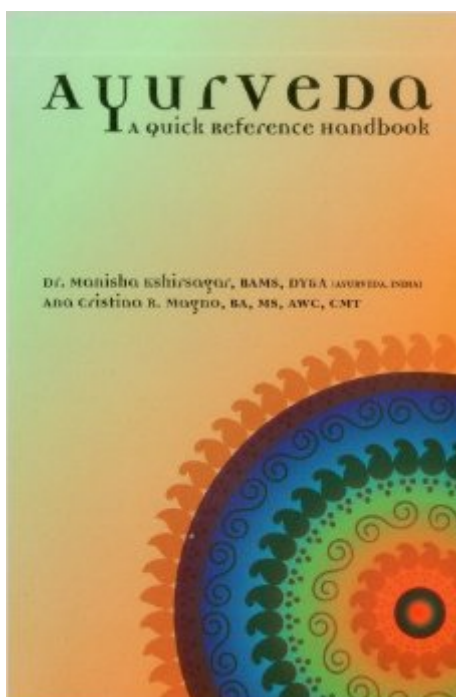


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# Ayurveda: A Quick Reference Handbook



## Synopsis

"Ayurveda: A Quick Reference Handbook is an excellent addition to the library of any Ayurvedic student or practitioner, and is written in a clear style for beginners. It summarizes all of the basic Ayurvedic knowledge in beautiful charts that make finding the information for reference easy. Yoga, Jyotish and Vastu included in the same book expands the vedic resources for Ayurvedic students." - Cynthia Copple, Dean: Mount Madonna College of Ayurveda; President: Lotus Holistic Health Institute

## Book Information

Paperback: 96 pages

Publisher: Lotus Press; 1 edition (February 16, 2012)

Language: English

ISBN-10: 0940676958

ISBN-13: 978-0940676954

Product Dimensions: 6.1 x 0.2 x 9.2 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (17 customer reviews)

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## Customer Reviews

This book is an incredible resource, very easy to access and use. A delightful and insightful read, it is a wonderful guide to ayurveda. I absolutely recommend this to anyone looking to expand their knowledge on this subject and/or build a library of resources for themselves. This one is indispensable.

I have read a lot on Ayurveda and this is by far the best book for beginners. Great page layouts that divide different areas, keeping the reader from mixing things up. I would highly recommend it to anyone studying the subject.

This book is perfect for beginners in Ayurved. It's easy to understand and read...also great information about vedic astrology.... I am an Ayurvedic student. So, it's perfect source for day to day use... I highly recommend this book to anyone including yoga practitioner.

Best condensed Ayurvedic reference. Dr Manisha Kshirsagar presents the wealth of knowledge of Ayurveda in a very clear and detailed way. I use this book all the time for reminders and it can also be a great introduction for anybody interested in Ayurveda.

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.

This is probably one of the easiest books on Ayurveda to read. It's well organized and easy to understand, a perfect intro to people new to Ayurveda or who want just the basics.

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