



The Easy Ayurveda Cookbook: An Ayurvedic Cookbook to Balance Your Body and Eat Well

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Put the power of an ancient healing tradition to work for you by creating a balanced body, clearer mind, and delicious meals--even on your busiest day.

Ayurveda, a tradition that's helped people flourish for 5,000 years, can become a powerful practice for strengthening our bodies, spirits, and minds. *The Easy Ayurveda Cookbook* combines a proven traditional approach to health with an understanding of today's time constraints.

The Easy Ayurveda Cookbook offers:

- A handy quiz to help you determine your dosha--the essence of your body's composition
- 125 tantalizing recipes that can all be made in 30 minutes or less
- Clear labels that help you determine which recipes will balance your dosha
- More than 100 mindfulness tips that you can start using right now

Harness the balancing power of an ancient tradition with *The Easy Ayurveda Cookbook*.

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