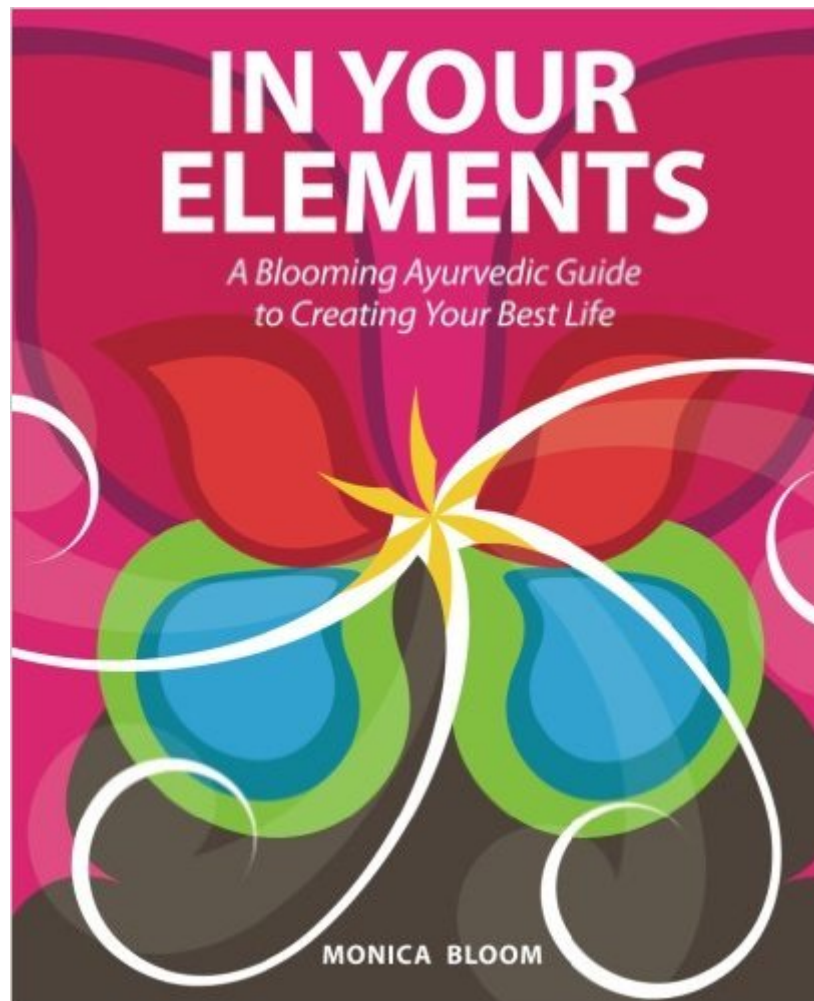


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In Your Elements: A Blooming Ayurvedic Guide To Creating Your Best Life



Synopsis

In Your Elements: A Blooming Ayurvedic Guide to Creating Your Best Life is a vibrant mix of Ayurvedic wisdom, humor and practicality all rolled into one book. "Ayur-What", you say? In a nutshell, Ayurveda is personalized health care which has been passed down among Indian families for over 5,000 years. Ayurveda is economical, accessible, logical, and easy to practice once you know the basics. Anyone can do it! In Your Elements was created for those of us who believe in the power of the individual and that true health stems from within. This book walks you through the fundamental Ayurvedic foundations and includes over 70 questions, exercises and oodles of tips to help you along the journey. The whole book is a customized look at your life including, your daily routine, dosha quiz, menus, recipes, home therapies, exercise recommendations and more! Bold graphics throughout will delight and inspire as you walk on your path to customize, craft and transform your life. *Enjoy more learnings at heymonicab.com*

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Customer Reviews

I can't even tell you how much I love this book. I got interested in Ayurveda a little over a year ago. I asked a yoga teacher for book recommendations and picked up several right away. The books contained a lot of information, but I quickly found myself bogged down by notes I couldn't fully understand. It left me unsure what changes I could make right now, and how to make them. I found Monica Bloom's webpage last winter. I loved how bright and fun she made everything. Her tips were real-life and helpful, and applicable to our western lifestyles. Then came this book, bringing so much

wisdom and lightness to a system I knew was right for me but I couldn't implement on my own. Every paragraph holds vital tidbits, quotable quotes, and helpful tips. I read each chapter twice to ensure I didn't miss anything. This is a book that teaches you how to love, care for, and appreciate your self. There is information about how to set up routines, how to exercise, how to eat, how to calm the mind and much more. Anyone can take one of the dozens of dosha quizzes online. But more importantly, the quizzes in this book distinguish between your prakruti and vikruti. I never knew quite how to answer some questions-from my perspective of where my health currently is, or where I knew it should be. Monica helped me to figure that out. There is an entire section on how to manage coffee for your constitution, even! Definitely something I made use of. Her recipes are also excellent, adding a splash of something extra to the traditional versions. I use this book every day. I look things up, I use the recipes, I use it as a guide as I continue to deepen my studies. I sometimes just like to flip through the brightly colored pages with awesome, affirming quotes.

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