Perfect Health: The Complete Mind Body Guide: Revised and Updated

Deepak Chopra

Have a healthy body and healthy mind. Headphones or earphones are required. Play at a comfortable volume. Keep your body hydrated. Relax your whole body and clear your mind, releasing all negative thoughts and negative emotions, play this audio during 30 to 45 mins twice a day for better results, visualizing your desired outcome as if already happened for rapidly manifestation. Results may vary per individual, its work at different speed per person, depending on how fast your subconscious mind will respond to these affirmations, have faith and be positive. Please share your updates in the comments section below so others can benefit also.

Disclaimer: this is not a substitute for medical treatment. Perfect Health: The Complete Mind/Body Guide by Deepak Chopra discusses how ayurveda, which is the science of life. The purpose of Ayurveda is to tell people how their lives can be influenced, shaped, extended, and ultimately controlled without the interference of old age or sickness. The main principle behind Ayurveda is that the mind exerts the deepest influence on the body, and there is a freedom of sickness which is dependent upon contact, balance, and the extension of the balance on the body. Ayurveda teaches people that every person has a unique body type, which is known as prakruti.