



# Healing Your Life: Lessons on the Path of Ayurveda

*Dr. Marc Halpern*

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## **Healing Your Life: Lessons on the Path of Ayurveda** Dr. Marc Halpern

Healing is a personal journey. Each person deeply desires but struggles to be happy, healthy and whole, moving forward one lesson and one step at a time. The path eventually leads to optimal health, peace of mind and a deep satisfaction in life. Ayurveda provides a foundation for self understanding and a clear road map for how to live life in a manner that will support your healing process. This book is about unlocking your healing potential. In this book, Dr. Marc Halpern shares his own personal journey of healing himself from a crippling autoimmune disorder and seven years of subsequent chronic fatigue. Along the way he reveals the Lessons On The Path. Lessons that anyone can use to support their own healing journey... the lessons of Ayurveda.

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