



Diet for a Higher Awareness (Paperback)

By Nalada Bhardwejj

Lulu.com, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.A comprehensive manual detailing the ideal diet and lifestyle for a spiritualist. Learn all the foods that are good for both body and mind according to the vedic yoga and vegetarian principles. Deepen your awareness, improve your meditation and sense of peace. Eat a diet that is more conducive to positive, subtle thinking, to allow you to go higher into your spiritual journey. The book contains a 10-week program along with recipes and goal setting information to help you transition successfully onto the diet and maintain it. What Is a Higher Awareness? It is a new way of thinking; a way for you to feel peaceful. You start feeling better about yourself, better about the planet, better about others. You start feeling more loving towards others, and have genuine compassion. You start respecting your body and the amounts and types of food you put into it. Your body begins to reach and maintain its ideal weight without effort. Our cells become pure and we become healthy and thrive.

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Reviews

Definitely among the best book I have got possibly study. I am quite late in start reading this one, but better then never. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Olga Ledner MD**

Complete guide for publication enthusiasts. I have read and i am sure that i will going to study again once again in the future. Your way of life period will be transform once you total looking over this publication.

-- **Shayne O'Conner**