

HEALTH

A PRACTICAL GUIDE TO  
**HOLISTIC HEALTH**  
by Swami Rama

*What is your purpose in life?  
How are you going to achieve that purpose?*

Sri Swami Rama, educated in Himalayan cave monasteries and Western universities, teaches that holistic health depends on answering these two questions. In this book, he shows you how to discover your life's purpose and how to achieve optimum health through cleansing and nourishing, exercise and stillness, and understanding your emotions.

You'll learn the secrets of ancient practices that will help you rediscover your inner source of physical well-being, emotional stability, and peace.



**SRI SWAMI RAMA**, the founder of the Himalayan International Institute of Yoga Science and Philosophy, was raised in the Himalayan cave monasteries and ordained a monk in early childhood. He studied Western psychology, philosophy, and medicine in Europe and taught in Japan before coming to the United States in 1969. Here he founded the Himalayan Institute to create a bridge between the ancient teachings of the East and the modern scientific approaches of the West.



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# A Practical Guide To Holistic Health

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## **A Practical Guide To Holistic Health:**

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