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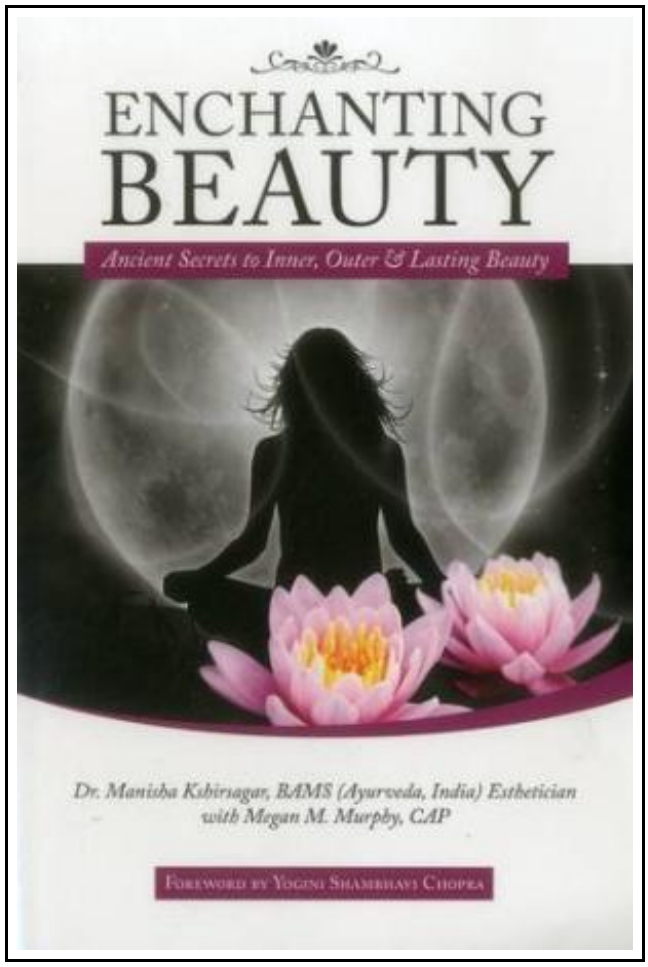

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LOTUS PRESS, United States, 2016. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. A life long guide to inner and outer beauty. - Deepak Chopra MD Dr. Manisha Kshirsagar brings her vast knowledge of Ayurvedic medicine together with her expertise as an esthetician to give us the foundation for beauty that radiates from the inside out. - Marci Shimoff, Professional Speaker #1 NY Times Bestselling Author of Happy for No Reason, Love for No Reason, Chicken Soup for the Woman s Soul Enchanting Beauty gives readers a refreshing holistic perspective on the true nature of beauty. Using the wisdom of Ayurvedic medicine and philosophy, as well as personal and professional experience - Sheila Patel, MD Medical Director, Chopra Center Dr. Manisha Kshirsagar s Enchanting Beauty teaches us the real definition of true beauty - a largely misunderstood concept in modern society. It is an empowering, inspiring work that will enable every woman that reads it to be more in touch with the unique beauty that is her birthright. - Kimberly Snyder CN, New York Times Bestselling Author of The Beauty Detux Solution and the Beaty Detox Power Enchanting Beauty by Dr. Manisha Kshirsagar is an excellent Ayurvedic guidebook for promoting inner and outer beauty, happiness and health for women of all ages. It is an important addition to the existing Ayurvedic literature and adds much new information and insight in an easy accessible form. - Dr. David Frawley, Author of The Yoga of Herbs.

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