

Supplementary Information to *Healing Your Life*, by Dr. Marc Halpern

Back Cover:

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-healing and 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 that anyone can use to support their own healing journey.

The book aims to inspire you to reach your full physical, emotional and spiritual potential by exploring the knowledge of Ayurveda in a personal and meaningful manner. It includes practical exercises to guide you along the path to heal your own life.

Blurbs: Back Cover

"Both easily accessible and deeply empowering, Dr. Marc Halpern walks by your side as you walk the Ayurvedic path of healing."

- Dr. David Frawley, Author and Ayurvedic Scholar, and author of the preface to *Healing Your Life*

"Prepare yourself for an amazing journey. Dr. Halpern shares his personal path to wellness as a springboard to take readers more deeply into Ayurvedic concepts of health and well-being. The many facets of Ayurveda are engagingly illustrated through examples and stories."

- Genevieve Ryder: Founder and Editor: *Light on Ayurveda Journal*

"Dr. Marc Halpern teaches and writes with devotion, dedication and a conscientious authority of one who has made studying, living, practicing and teaching Ayurveda his *life* work. This book brings a new level of accessibility to Ayurveda and is a must-read for anyone who wants to heal their lives - on all levels."

- Felicia Marie Tomasko, RN Editor in Chief, *LA YOGA Ayurveda and Health Magazine*
President, California Association of Ayurvedic Medicine Board member, National Ayurvedic Medical Association

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About the Author:

Dr. Marc Halpern is one of the most respected teachers of Ayurvedic Medicine in the United States. Founder and President of the California College of Ayurveda and co-founder of the National Ayurvedic Medical Association and the California Association of Ayurvedic medicine, Dr. Halpern has been instrumental in bringing ayurvedic medicine to the West. The author of two textbooks, an advisor to ayurvedic journals in India and the United States and a recipient of the Best Ayurvedic Physician award, Dr. Halpern is one of the few Westerners recognized as an expert in Ayurveda internationally. Dr. Halpern's background as a Chiropractor and Yoga Teacher in the Sivananda tradition, and his postgraduate certification in Holistic medicine have given him a broad and unique understanding of the path of Self-healing.

The e-book is available via Amazon, or directly through the healing your life website:

<http://www.healing-your-life.com/>