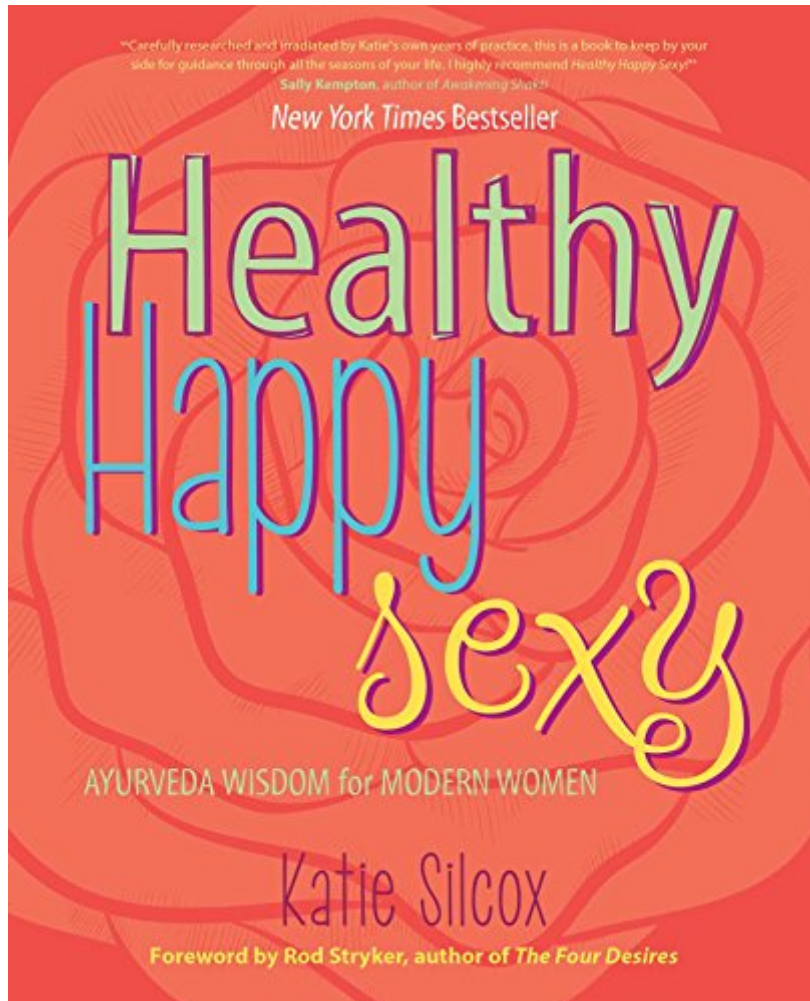


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# Healthy Happy Sexy: Ayurveda Wisdom For Modern Women



## Synopsis

A hip, sensual Ayurveda bible for the modern woman, this life-changing guide distills ancient teachings into a spirit-infused yet pragmatic approach to your physical, mental, and spiritual health. Teacher and yoga instructor Katie Silcox is a leading expert on Ayurveda. She knows that bringing ancient wisdom into our modern lives does not mean sacrificing the occasional rendezvous with red wine, fashion magazines, and other sensual pleasures. In *Healthy Happy Sexy*, Katie offers not only a philosophy of life but a time-tested (weâ™re talking thousands of years!) method for living your most radiant, healthy, and sexually vital life possible. Covering everything from how to get the perfect poo to glowing skin to deeper sexual fulfillment, here is a complete guide to womenâ™s health. It offers evocative questions, journaling exercises, simple but deep meditations, and natural recipes and remedies for common health and beauty needs. By engaging in these lifestyle choices, you will experience ancient practices that resonate with the way we live our lives now. Combining Ayurvedic wisdom with practical tools and her lively, playful, and down-to-earth voice, Katie provides a method to heal, entertain, inspire, and remind you that you are one sexy goddess.

## Book Information

File Size: 22456 KB

Print Length: 305 pages

Page Numbers Source ISBN: 1582704732

Publisher: Atria Books/Beyond Words (January 13, 2015)

Publication Date: January 13, 2015

Sold by: Simon and Schuster Digital Sales Inc

Language: English

ASIN: B00IWTWOFK

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #278,401 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #101

in Books > Health, Fitness & Dieting > Alternative Medicine > Ayurveda #645 in Kindle Store >

Kindle eBooks > Health, Fitness & Dieting > Personal Health > Women's Health #802 in Kindle

## Customer Reviews

Katie Silcox is a yoga instructor, teacher, and mentor, who currently conducts workshops, retreats, and trainings internationally. She has received some impressive accolades, such as in 2009 being named one of San Francisco's Best Yoga Teachers Under 30 by Common Ground Magazine. More importantly though, she has herself experienced the stress and pressure associated with achieving success in the modern, western world, stress and pressure that led to anxiety and panic attacks and the choice to either start self-medicating to survive or get to the problem's roots. Through her search to shed cultural expectations and societal programming, and find her source of true fulfillment, she discovered yoga, tantra, and Ayurveda, the transformational power of which she shares in this book. *Happy Healthy Sexy* is for the modern, western woman who is lost and trying to be found. I reiterate the latter point. It is for the woman who is actively seeking to be found, the woman who is open to spirituality and who has realized that being judgmental does nothing but sequester us in soul-sucking prisons that have long become self-imposed. I believe you'll need to be at this stage in order to be open to the book's message. It is at once a friend, empathizing with your feelings of emptiness and inner conflict brought on by a life of trying to be what your family and/or society expects you to be, and a mentor, guiding you through various ayurvedic protocols.

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