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The Art of Health: Simple and Powerful Keys for Creating Health in Your Life

By Aarti Patel N D

D2 Books, United States, 2015. Paperback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book ***** Print on Demand *****. Drawing on her belief in the healing power of the individual, and her expertise in the field of integrative medicine, Dr. Aarti Patel lays out a fresh and innovative way of approaching the concept of health. Comparing health care to creating a unique work of art, she illustrates the key nuances or brushstrokes that we can learn in order to tap into the body's innate life and vitality. In addition, she reveals some of the more traditional and outmoded ways of thinking about health care that can limit us in our quest to be healthy. Simple yet powerful, this book will help to free up your mind and body by providing a solid blueprint for turning your life and health into your very own masterpiece. In The Art of Health, you'll learn about: A different approach toward chronic hard-to-treat symptoms How to pay better attention to the body and its signals Why chronic symptoms are often related to one another Tips for choosing long-term health instead of quick fixes The power of the mind...



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