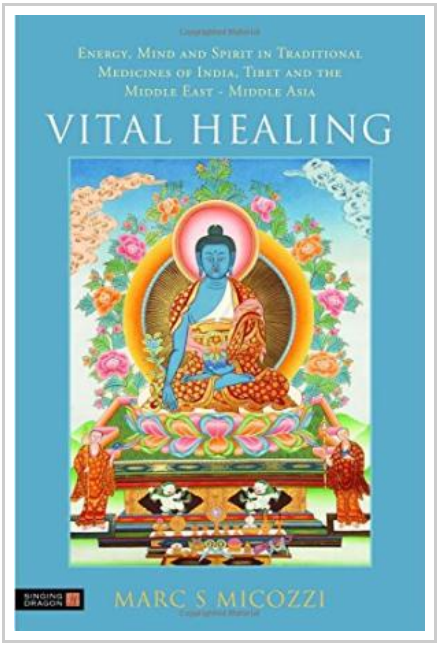


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Vital Healing: Energy, Mind and Spirit in Traditional Medicines of India, Tibet and the Middle East -Middle Asia

By Marc S. Micozzi, Donald McCown, Mones Abu-Asab, Hakima Amri, Kevin Ergil

Jessica Kingsley Publishers. Hardback. Book Condition: new. BRAND NEW, Vital Healing: Energy, Mind and Spirit in Traditional Medicines of India, Tibet and the Middle East - Middle Asia, Marc S. Micozzi, Donald McCown, Mones Abu-Asab, Hakima Amri, Kevin Ergil, The traditional medicines of Middle Asia are rich and varied - from the Ayurveda and Siddha medicines of India, to the Unani and Sufi healing practices of the Middle East. Dr. Marc S. Micozzi unfolds the compelling idea that vital energy, expressed as "prana" in the Indian practice of Ayurveda, is the unifying concept that underpins and connects all of these traditions. Describing the origins, health strategies, diagnostic approaches, and modern-day uses of each tradition, he also draws parallels to, and finds correlations with, mainstream Western concepts - and demonstrates how all these therapies fit within the context of their own cultures and ours. This groundbreaking book will be of interest to practitioners of all Middle Eastern and Asian medical traditions, complementary and alternative health practitioners, and anyone with an interest in Middle Eastern and Asian approaches to health and well-being.

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