



Secrets of The Wheel of Healing: An 8 CD Audio Program with Workbook

Michelle S. Fondin

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The Secrets of The Wheel of Healing Audio Program goes in depth with author Michelle Fondin in her interview with radio host, Nick Lawrence. This program is an expansion of "The Wheel of Healing: An Easy Guide to an Ayurvedic Lifestyle". In This 8-Module Audio Program You Will: 1. Shift your thinking from a victim state of consciousness to an empowered state. 2. Learn about Ayurveda, a 5,000-year old medical system from India. 3. Learn simple ways of eating healthfully without going to extremes. 4. Understand what motivates you in life and start to find your life's purpose. 5. Learn how your mind, body and emotions are interconnected and how your state of mind may be what's making you sick. 6. Feel more connected by nurturing relationships. 7. Learn how a spiritual practice can take you to higher levels of health. 8. Learn why you are feeling overwhelmed and why your mind is chaotic. 9. Learn how to use Ayurveda to stay in balance.

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