



Your Irresistible Life: 4 Seasons of Self-Care through Ayurveda and Yoga Practices that Work

By *Madhuri Phillips, Glynnis Osher*

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Feel empowered. Look youthful. Love your irresistible life. Despite our greatest intentions (and having the knowledge and tools at our fingertips), we too have struggled at times to make self-care a priority. As a result we have ended up feeling worn-down, stressed-out, disempowered, and less than ourselves. Sound at all familiar? We will guide you through four seasons of self-care that can transform your life. We draw upon the ancient principles and practices of Ayurveda and Yoga with the sass and sensibility of the busy, modern-day woman. These easy-to-follow food routines, Yoga practices, beauty secrets, home remedies, cleanses, and self-care suggestions will bring you radiant health for life. Everything in this book has helped us shine in our own lives. If you too desire . . . amazing energy, glowing skin, restful sleep, excellent digestion, and a positive outlook . . . this illuminating Ayurveda and Yoga guidebook is for you! "Madhuri and Glynnis have united the timeless wisdom of Ayurveda and the ancient spiritual discipline of Yoga in a most simple, practical way that can heal every individual and unfold the inner harmony of life in daily living" -Vasant Lad, B.A.M.S., M.A.Sc, Ayurvedic Physician Author of *Ayurveda: Science of Self-Healing*, *Textbook of Ayurveda* series and more "With their earned expertise, Glynnis & Madhuri have made the immense power of Ayurveda so incredibly easy to practice-daily and deeply. As a big fan of Ayurveda, this is the system I've been looking for-both logical and loving, ritualistic and practical, ancient and modern" -Danielle LaPorte, creator of *The Desire Map* & *The Fire Starter Sessions* "Instead of feeling exhausted at the end of each day, Your Irresistible Life allows us to flow with the seasons, with the current of nature, finishing each day with the same energy as we started" -Dr. John Douillard DC, LifeSpa.com

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About the Author

Glynnis Osher is an innovative teacher, healer, author, artist, and visionary entrepreneur in the arts of Ayurveda and aromatherapy. Madhuri (Melanie Phillips) is a healer, visionary, yoga teacher trainer, author, speaker, luminary, and radio host.

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