



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

*By Madhuri Phillips, Glynnis Osher*

Download now

Read Online ➔

### **Your Irresistible Life: 4 Seasons of Self-Care through Ayurveda and Yoga Practices that Work** By Madhuri Phillips, Glynnis Osher

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

↓ [Download Your Irresistible Life: 4 Seasons of Self-Care thr ...pdf](#)

📖 [Read Online Your Irresistible Life: 4 Seasons of Self-Care t ...pdf](#)



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

*By Madhuri Phillips, Glynnis Osher*

**Your Irresistible Life: 4 Seasons of Self-Care through Ayurveda and Yoga Practices that Work By Madhuri Phillips, Glynnis Osher**

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

**Your Irresistible Life: 4 Seasons of Self-Care through Ayurveda and Yoga Practices that Work By Madhuri Phillips, Glynnis Osher Bibliography**

- Rank: #1311303 in Books
- Published on: 2013-08-21
- Released on: 2013-08-21
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x .61" w x 7.50" l, 1.03 pounds
- Binding: Paperback
- 270 pages

 [Download Your Irresistible Life: 4 Seasons of Self-Care thr ...pdf](#)

 [Read Online Your Irresistible Life: 4 Seasons of Self-Care t ...pdf](#)



## **Download and Read Free Online Your Irresistible Life: 4 Seasons of Self-Care through Ayurveda and Yoga Practices that Work By Madhuri Phillips, Glynnis Osher**

---

### **Editorial Review**

#### **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.

### **Users Review**

#### **From reader reviews:**

##### **Zachary Mason:**

Here thing why this specific Your Irresistible Life: 4 Seasons of Self-Care through Ayurveda and Yoga Practices that Work are different and reliable to be yours. First of all looking at a book is good but it depends in the content of it which is the content is as delicious as food or not. Your Irresistible Life: 4 Seasons of Self-Care through Ayurveda and Yoga Practices that Work giving you information deeper as different ways, you can find any reserve out there but there is no e-book that similar with Your Irresistible Life: 4 Seasons of Self-Care through Ayurveda and Yoga Practices that Work. It gives you thrill reading journey, its open up your own personal eyes about the thing this happened in the world which is might be can be happened around you. You can easily bring everywhere like in park your car, café, or even in your way home by train. If you are having difficulties in bringing the printed book maybe the form of Your Irresistible Life: 4 Seasons of Self-Care through Ayurveda and Yoga Practices that Work in e-book can be your option.

##### **Catherine Stevenson:**

The knowledge that you get from Your Irresistible Life: 4 Seasons of Self-Care through Ayurveda and Yoga Practices that Work will be the more deep you digging the information that hide within the words the more you get interested in reading it. It does not mean that this book is hard to understand but Your Irresistible Life: 4 Seasons of Self-Care through Ayurveda and Yoga Practices that Work giving you buzz feeling of reading. The author conveys their point in certain way that can be understood simply by anyone who read it because the author of this reserve is well-known enough. That book also makes your personal vocabulary increase well. So it is easy to understand then can go together with you, both in printed or e-book style are available. We advise you for having this kind of Your Irresistible Life: 4 Seasons of Self-Care through Ayurveda and Yoga Practices that Work instantly.

##### **Donald Wexler:**

The book untitled Your Irresistible Life: 4 Seasons of Self-Care through Ayurveda and Yoga Practices that Work contain a lot of information on this. The writer explains her idea with easy way. The language is very easy to understand all the people, so do certainly not worry, you can easy to read it. The book was authored by famous author. The author will bring you in the new period of time of literary works. It is possible to read this book because you can read more your smart phone, or product, so you can read the book in anywhere

and anytime. In a situation you wish to purchase the e-book, you can wide open their official web-site in addition to order it. Have a nice study.

**Lucy Carson:**

Is it you actually who having spare time after that spend it whole day by means of watching television programs or just laying on the bed? Do you need something totally new? This Your Irresistible Life: 4 Seasons of Self-Care through Ayurveda and Yoga Practices that Work can be the answer, oh how comes? It's a book you know. You are so out of date, spending your extra time by reading in this completely new era is common not a nerd activity. So what these ebooks have than the others?

**Download and Read Online Your Irresistible Life: 4 Seasons of Self-Care through Ayurveda and Yoga Practices that Work By Madhuri Phillips, Glynnis Osher #AV3EPQDI8OT**

# **Read Your Irresistible Life: 4 Seasons of Self-Care through Ayurveda and Yoga Practices that Work By Madhuri Phillips, Glynnis Osher for online ebook**

Your Irresistible Life: 4 Seasons of Self-Care through Ayurveda and Yoga Practices that Work By Madhuri Phillips, Glynnis Osher Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Your Irresistible Life: 4 Seasons of Self-Care through Ayurveda and Yoga Practices that Work By Madhuri Phillips, Glynnis Osher books to read online.

## **Online Your Irresistible Life: 4 Seasons of Self-Care through Ayurveda and Yoga Practices that Work By Madhuri Phillips, Glynnis Osher ebook PDF download**

**Your Irresistible Life: 4 Seasons of Self-Care through Ayurveda and Yoga Practices that Work By Madhuri Phillips, Glynnis Osher Doc**

**Your Irresistible Life: 4 Seasons of Self-Care through Ayurveda and Yoga Practices that Work By Madhuri Phillips, Glynnis Osher Mobipocket**

**Your Irresistible Life: 4 Seasons of Self-Care through Ayurveda and Yoga Practices that Work By Madhuri Phillips, Glynnis Osher EPub**

**AV3EPQDI8OT: Your Irresistible Life: 4 Seasons of Self-Care through Ayurveda and Yoga Practices that Work By Madhuri Phillips, Glynnis Osher**