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Ayurveda: A Life of Balance. By Maya Tiwari. Paperback: 368 pages. Publisher: Healing Arts Press (12/1/1994) Language: English. ISBN-10: 089281490X. ISBN-13: 978-0892814909. Product Dimensions: 10.9 x 8.5 x 1.1 inches. Shipping Weight: 2.1 pounds.

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