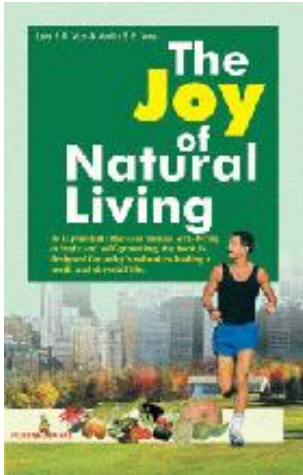




The Joy Of Natural Living



Author: Luis S.r.vas & Anita S.r.vas

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True, synthetic materials and laboratory-created products and medicines etc., have a significant role to play in the modern life.

But at the same time, we cannot underestimate the role of natural products and remedies.

With this clear objective, this book incorporates research findings on health, psychology, body-care and spirituality with emphasis on the benefits of natural living.

The authors hope the reader will be able to regain natural joy by experimenting with some of the advice from experts presented here.

The book includes:

- *Coping with stress through relaxation techniques and pleasant and positive thoughts
- *Role of diet in achieving mental & physical well-being
- *Safe and successful physical activity programme
- *Natural grooming and herbal preparation to attain increased self-confidence

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