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# Mudras For A Strong Heart: 21 Simple Hand Gestures For Preventing, Curing & Reversing Heart Disease: [ A Holistic Approach To Preventing & Curing Heart Disease ] (Mudra Healing Book 8)



## Synopsis

Your Guide to Preventing, Curing & Reversing Heart Disease with Simple Hand Gestures!!! Mudras for a Strong Heart is all about educating you about Ancient Vedic Mudra Healing technique which involve achieving everlasting Physical and Emotional Health by Preventing, Curing & Reversing Heart Disease with Simple Hand Gestures. Strengthen Your Heart Now!!! According to the World Health Organization (WHO) around 17 Million people die of Heart Diseases, particularly from Heart Attacks and Strokes, every Year. It is a frightening fact and what is more terrifying is that this number is growing at an alarming rate. If you or any of your loved one is suffering from any Heart Ailment then this book is for you. Though modern treatments can temporarily prevent attacks and strokes, you have to understand that these therapies do not change the underlying cause which created the problem in the first place. This book will offer you natural holistic way of 'Mudra Healing' that will help you fight your illness or to avoid it completely. You don't believe me?? Try out for yourself. These Mudras work wonders!! The Mudras Mentioned in this book for preventing, curing & reversing Heart Disease can be classified into Four categories, viz. # Mudras for Physical Healing # Mudras for Stress Reduction # Mudras for Fatigue Reduction and # Mudras for Spiritual Healing Discover:: 21 Simple Hand Gestures for Preventing, Curing & Reversing Heart Disease This book details a variety of Simple Hand Gestures called as Mudras, that when performed regularly will help you achieve everlasting Physical and Emotional health. Some of the Mudras that you will discover inside this book are: # Hridayamudra / Mudra of Heart # AbhayHridayamudra / Mudra of Assured Heart # Mritasanjeevanimudra / Mudra of Resurrection # Vyaanamudra / Mudra of Omnipresent Integration # Pralambamudra / Mudra of Garland Everlasting Emotional Health along with a Strong Heart is Achievable!! Just perform these Simple Hand Gestures regularly. Would You Like To Know More? Download this book now, to Cure your Heart Disease. Scroll to the top of the page and select the buy button. P.S - This Book is enrolled in 'KINDLE UNLIMITED', If you are a Kindle Unlimited Subscriber, Download this book for FREE, and I bet, you will buy it afterwards for your collection and reference.

## Book Information

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## Customer Reviews

Right off the bat from reading the introduction of this book, Mudras for a Strong Heart, I was fascinated to learn something different. I never knew that there were actually 5 elements and I was curious to know why there are five and not four elements. What I like best about this book is that it's easy to understand for anyone who is not familiar with any Hundi practices or methods. Also the illustrations are fabulous. Instead of guessing how to put everything into practice, everything is displayed in the most basic way possible. I've been able to put most of the illustrations into practice while reading this book and I recommend everyone to try this as well. In a way, I felt like I was learning sign language which was pretty cool. Definitely going to use this Mudra method during my yoga sessions. Another bonus that the author included in his book are a series of books that relate to this topic. For example, Mudras For Awakening Chakras. This is a book I am considering buying for sure. Overall, I recommend everyone to pick up this book and not only read it, but put it into practice. Take your time reading this book and use each gesture suggested. Good work Advait! Looking forward to reading more of your books that you have.

I have not read the whole book but I am going to, what I have been able to read is absolutely amazing and very interesting and informative

Educational and to the point

Anything that gives me more knowledge and power to control my own health I love.

I enjoy this series of books.

Excellent Product. Thanks!

great addition to my Mudra Library

excellent

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Mudras: Mudras for Weight Loss, Mudras for Awakening Chakras, Mudras for Healing (Mudras - Chakras - Mudra yoga) Mudras for Awakening Chakras: 19 Simple Hand Gestures for Awakening and Balancing Your Chakras: [ A Beginner's Guide to Opening and Balancing Your Chakras ] (Mudra Healing Book 3) Mudras for Women: 25 Simple Hand Gestures Every Woman Should Know for attaining a Healthy Body, Beautiful Skin, Supercharged Sex Drive and Enhanced Vitality (Mudra Healing Book 12) Mudras of Indian Dance: 52 Hand Gestures for Artistic Expression The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[ THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN ] by Cohan, Wendy (Author ) on Nov-09-2010 Paperback CHAKRAS: Mudras for Balancing and Awakening Chakras: The Powerful Personalised Meditation Guide, Cleanse And Activate Your 7 Chakras, Feel Energised And ... Mudras, Enlightenment, Spirituality) The Great Cholesterol Myth Now Includes 100 Recipes for Preventing and Reversing Heart Disease: Why Lowering Your Cholesterol Won't Prevent Heart Disease-and the Statin-Free Plan that Will The Great Cholesterol Myth + 100 Recipes for Preventing and Reversing Heart Disease: Why Lowering Your Cholesterol Won't Prevent Heart Disease and the Statin Free Plan and Diet that Will The Inflammation Cure: Simple Steps for Reversing heart disease, arthritis, asthma, diabetes, Alzheimer's disease, osteopor The Whole-Food Guide to Strong Bones: A Holistic Approach (The New Harbinger Whole-Body Healing Series) Lean Belly Breakthrough: The 2-Minute Belly Fat Shrinking Ritual (Reversing Diabetes and Preventing Heart Disease) Reversing Gum Disease Naturally: A Holistic Home Care Program Dr. Dean Ornish's Program for Reversing Heart Disease:

The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery Healing:  
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