



The Tao of Rejuvenation: Fundamental Principles of Health, Longevity, and Essential Well-being (Paperback)

By Angelo Druda

North Atlantic Books, U.S., United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. Throughout history Taoists, Christians, the yogis of northern India, and others have learned that the secret of longevity and even bodily rejuvenation lies in unlocking the body's own healing somas (or higher chemistry). Traditionally, however, the principles and techniques behind their discoveries have been hidden, transmitted only from teacher to student. Fortunately, these esoteric secrets are but the ultimate expression of a time-tested body of traditional healing wisdom that has taken strong root in the Western world, where it has been clarified and amplified by a new generation of healers and spiritual practitioners. The Tao of Rejuvenation is an inspiring and very well-written guide to the underlying principles and basic practices essential to our ability to not only achieve longevity and bodily rejuvenation, but also to lead a vital, balanced, and happy life. Written in a clear, rational, and highly readable style, it is a book that speaks to all modern men and women ready and willing to assume responsibility for their own destiny. In The Tao of Rejuvenation author Angelo Druda explains how our health and well-being is...



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