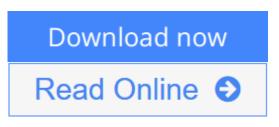


Pharmacy For the Soul: A Comprehensive Collection of Meditations, Relaxation and Awareness Exercises, and Other Practices for Physical and Emotional Well-Being

By Osho



Pharmacy For the Soul: A Comprehensive Collection of Meditations, Relaxation and Awareness Exercises, and Other Practices for Physical and Emotional Well-Being By Osho

Pharmacy for the Soul suggests holistic remedies for a variety of ailments. Each section begins with a description and diagnosis of an emotional or physical ailment and then lists a number of prescriptions. Remedies include stretching techniques, meditations, laughter and breathing exercises, vocalizations, visualizations, chants, and massage, which are Osho's suggestions for helping to cure everything from nail-biting to insomnia to depression. In addition to treatments, the book is laced with poetic, humorous, and illuminating commentary that explores how one can come to peace with oneself both physically and emotionally.

For the experienced holistic reader seeking further inspiration, or for the newcomer in need of direction, this is the must-have medicine cabinet of aids to living a life that is healthy, relaxed, and full of spontaneous joy.

Organized in a user-friendly format, *Pharmacy for the Soul* addresses such issues as:

- *Relieving stress and physical tension
- * Building self-confidence
- * Enhancing emotional and physical vitality
- * Mood Swings
- *Sexuality
- * Diet

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Editorial Review

About the Author

Osho is one of the most provocative and inspiring spiritual teachers of the twentieth century. Known for his revolutionary contribution to the science of inner transformation, the influence of his teachings continues to grow, reaching seekers of all ages in virtually every country of the world. He is the author of many books, including *Love, Freedom, Aloneness; The Book of Secrets;* and *Innocence, Knowledge, and Wonder*.

Users Review

From reader reviews:

John Dearman:

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Playing with family inside a park, coming to see the ocean world or hanging out with pals is thing that usually you might have done when you have spare time, then why you don't try point that really opposite

from that. One particular activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Pharmacy For the Soul: A Comprehensive Collection of Meditations, Relaxation and Awareness Exercises, and Other Practices for Physical and Emotional Well-Being, you may enjoy both. It is great combination right, you still need to miss it? What kind of hang type is it? Oh can happen its mind hangout guys. What? Still don't understand it, oh come on its referred to as reading friends.

Robert Williams:

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