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Mahayana's Rejuvenating Manual, Anti-Aging Secrets (English Edition)



Par Mahayana Isabelle Dugast
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You hold in your hands an extraordinary work, a truly unique manual that is filled with priceless information meticulously gathered from nearly thirty years of conscientious research and experience by Mahayana Isabelle Dugast. Encompassing secrets from all over the world, from the most ancient and esoteric to the most up-to-the-minute and mainstream, Mahayana has managed to amass an extraordinary wealth of information from many different traditions and cultures, and has created a treasure trove of practical and life-giving advice that is as illuminating as it is comprehensive. This is a work without parallel. The real gem is that so very many of these highly effective

anti-aging secrets are completely free and available to everyone, irrespective of age or gender! A free-flowing fountain of youthful secrets, Mahayana manages to infuse the reader with an enthusiasm for the practices and mysteries that she so joyously shares. Self awareness is woven throughout the whole manual, which provides the reader with a firm foundation for anything they wish to change. Nourishing at every level, this book is a must. The gentle care and nurture of the body becomes both a spiritual journey and a refreshing panacea to the mind and emotions. The end result is a more youthful, energised and joyous body and overall experience of life.

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