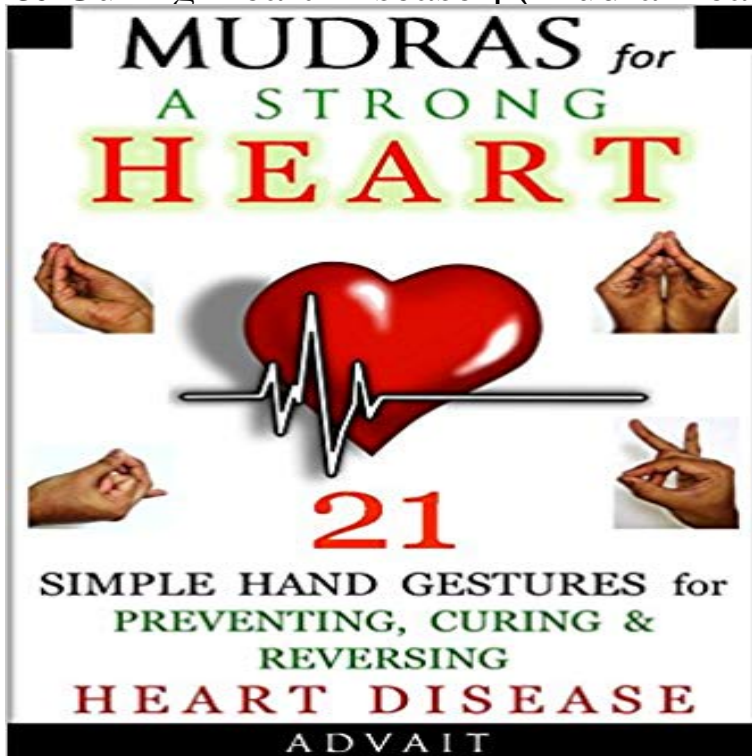


Mudras for a Strong Heart: 21 Simple Hand Gestures for Preventing, Curing & Reversing Heart Disease: [A Holistic Approach to Preventing & Curing Heart Disease] (Mudra Healing Book 8)



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 dont 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 youll 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.

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