



Healthy Happy Sexy: Ayurveda Wisdom for Modern Women

Katie Silcox

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A hip, sensual Ayurveda bible for the modern woman, this life-changing guide distills ancient teachings into a spirit-infused yet pragmatic approach to your physical, mental, and spiritual health.

Teacher and yoga instructor Katie Silcox is a leading expert on Ayurveda. She knows that bringing ancient wisdom into our modern lives does *not* mean sacrificing the occasional rendezvous with red wine, fashion magazines, and other sensual pleasures. In *Healthy Happy Sexy*, Katie offers not only a philosophy of life but a time-tested (we're talking thousands of years!) method for living your most radiant, healthy, and sexually vital life possible.

Covering everything from how to get the perfect poo to glowing skin to deeper sexual fulfillment, here is a complete guide to women's health. It offers evocative questions, journaling exercises, simple but deep meditations, and natural recipes and remedies for common health and beauty needs. By engaging in these lifestyle choices, you will experience ancient practices that resonate with the way we live our lives now.

Combining Ayurvedic wisdom with practical tools and her lively, playful, and down-to-earth voice, Katie provides a method to heal, entertain, inspire, and remind you that you are one sexy goddess.

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