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The American Holistic Medical Association Guide to Holistic Health: Healing Therapies for Optimal Wellness

The American Holistic Medical Association, Larry Trivieri Jr.

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A Complete and Comprehensive Guide to Holistic Treatment

"Larry Trivieri beautifully illuminates the full spectrum of natural healing approaches, highlighting the unifying themes and distinctive features of health systems around the world and across the ages. This book is a valuable resource for individuals interested in their personal well being, as well as health professionals seeking to deepen their understanding of holistic medicine."-David Simon, M.D., Medical Director, the Chopra Center for Well Being, Author, Vital Energy and Return to Wholeness

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