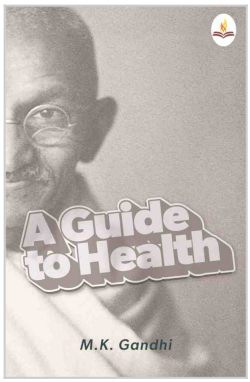
Book Information Sheet

Prints Publications Pvt. Ltd.



A Guide to Health

Author: Mahatama Gandhi

Publisher: Prints Publications Pvt Ltd

Product Specification

Publisher	Prints Publications Pvt Ltd
ISBN-13	9789366976808
Binding	paper_back
Number of Pages	108
Language	english
Dimension	5.5''*8.5''
Weight (Grams)	126
Subject	Classic Fiction
Availability	1

Price

Price (INR):	**₹ 150**
Discounted Price (INR):	**₹ 135**
Price (USD):	**$ 4.99**
Discounted Price (USD):	**$ 4.491000000**

About the Author

Mahatama Gandhi

Mohandas Karamchand Gandhi, or the Mahatama, was the leader of the Indian national movement. He fought the colonial regime with his philosophy of Satyagraha and Ahimsa. His birthday, October 2nd, is celebrated as the International Day of Non-violence.

Product Description

A Guide to Health by Gandhi emphasises a holistic approach to well-being, one that integrates physical health, mental peace, emotional balance, and spiritual growth. His focus on simplicity, natural living, and the cultivation of self-discipline and non-violence continues to inspire many today, not only in health circles but in ethical and philosophical discussions as well. Gandhi's approach to health was deeply influenced by his personal philosophy of simple living and his commitment to ahimsa (non-violence) and self-discipline.