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From Virgin Books; edition (2011-10-06) : The Ancient Secret of the Fountain of Youth by Kelder, Peter (2011)
before purchasing it in order to gage whether or not it would be worth my time, and all praised The Ancient Secret of the Fountain of Youth by Kelder, Peter (2011):

49 of 53 people found the following review helpful. Believe the hypeBy MarkSomeone on these reviews said, don't believe the hype. I'm telling you that this book works. This is what happened when I started the rites: After a few days, I noticed a rush of energy. Then I started feeling strong. Within a week and a half, I noticed that my pants were getting loose around the waist, partially due to the fact that my craving for sugar and fats was dissappearing. Then I noticed that color was returning to my face after 3 weeks. After a month month and a half, wrinkles were less noticable? Then I noticed that my hair was coming in dark at the roots. Amazing. I am going to stay with these rites. One other thing. The book is advertised at "5 Tibetan Rites", but there is a 6th rite, possibly the most important that caps off all the other ones.....1 of 1 people found the following review helpful. Transforming Mind and Body.. soul?By ToBeOrNotToBeA remarkable journey into transformation of the mind and body through 5 simple exercises...not easy to start and continue.. but truly worth it, to realise a physical and a spiritual journey through life's physical and mental challenges. Not for the feint hearted, but for determind souls. What next..a degreee of enlightenment perhaps??22 of 23 people found the following review helpful. For those on a spiritual path that seek integration of Mind-Body-Spirit.By Natalie HoffsethI discovered this book "accidentally" while browsing the web and I am really happy I did. Easy read, very precise instruction and a great story -while nobody really kows the validity of it, it still "feels right"! The rites are great, I do them every day but depending on your level of fitness and condition of body you might find

one or more of them "tricky". However, they build up your strength very rapidly, you will be surprised. Just keep doing them. I have only been doing them for a short while, so I cannot attest to the regenerative effect, but I can attest to a very quick build up of strength for the weakest parts of my body (wrists). I actually felt the improvement and saw it in my performance in only 4 days! These exercises called "rites" supposedly realign your chakras (energy vortexes of your body) and restore youthfulness. They also have a very relaxing effect. You will feel like you are "gliding through life", stress levels majorly reduced. I highly recommend this book to everyone.