



# Seven Secrets to Raising a Happy and Healthy Child: The Ayurvedic Approach to Parenting

*Joyce Golden Seyburn*

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Seven Secrets to Raising a Happy and Healthy Child is a timeless collection of wisdom that's nurturing to both the child and the caregiver. It's a heartfelt eye-opener based on the 5,000-year-old preventive health-care system from ancient India—Ayurveda—the science of life. Joyce Golden Seyburn guides you through simple practices to be performed from conception through childhood that include centering yourself while calming your baby, baby massage, and determining your baby's mind/body type (dosha in Sanskrit) after birth. This book has no age boundaries and can be easily applied to any child.

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