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# Mahayana's Rejuvenating Manual, Anti-Aging Secrets (English Edition)



*Par Mahayana Isabelle Dugast  
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anti-aging secrets are completely free and available to everyone, irrespective of age or gender! A free-flowing fountain of youthful secrets, Mahayana manages to infuse the reader with an enthusiasm for the practices and mysteries that she so joyously shares. Self awareness is woven throughout the whole manual, which provides the reader with a firm foundation for anything they wish to change. Nourishing at every level, this book is a must. The gentle care and nurture of the body becomes both a spiritual journey and a refreshing panacea to the mind and emotions. The end result is a more youthful, energised and joyous body and overall experience of life.

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