

Harmony in Health

Suggested reading for Types

Books for general readers

Prakriti: Your Ayurvedic Constitution (Your Ayurvedic Constitution Revised Enlarged Second Edition) by Dr. Robert Svoboda

Natural Medicine by Dr Robert Thomson

Books for people with background knowledge of Ayurveda

Textbook of Ayurveda: Fundamental Principles of Ayurveda v. 1 by Vasant Lad

Acarya Vagbhata's Astanga Hrdayam: The Essence of Ayurveda: Volume 1 by Dr Sanjay Pisharodi

Websites

<https://www.besuperfied.com>

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