

Ancient Secret Of The Fountain Of Youth

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When Peter Kelder's Ancient Secret of the Fountain of Youth was released by Harbor Press in 1985, it immediately touched off an incredible sales phenomenon rivaled only by The Celestine Prophecy and Conversations with God. In this book, readers were introduced to the Tibetan Rites of Rejuvenation, a series of exercises developed over centuries in the monasteries of Tibet and credited by thousands for everything from increased energy to better memory, weight loss, and just looking and feeling ...

Ancient Secret of the Fountain of Youth: Vol 2: Amazon.co ...

There, generations of Tibetan monks have passed down a series of exercises with mystical, age-reversing properties. Known as the Tibetan Rites of Rejuvenation, or the Five Rites, these once-secret exercises are now available to us all in Ancient Secret of the Fountain of Youth by Peter Kelder.

The Ancient Secret of the Fountain of Youth: Amazon.co.uk ...

The Ancient Secret Of The Fountain Of Youth written by Peter Kelder and has been published by Random House this book supported file pdf, txt, epub, kindle and other format this book has been release on 2011-10-06 with Self-Help categories. Legend has it that hidden in the remote reaches of the Himalayan mountains lies an ancient secret.

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Ancient Secret of the Fountain of Youth, Book 2: a companion to the book by Peter Kelder. Published by Doubleday 1998. Hardback with dust jacket. In very good condition.The exciting and long-awaited sequel to one of the biggest health and healing bestsellers

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Known as the Tibetan Rites of Rejuvenation or the Five Rites, these once-secret exercises are now available to Westerners in Ancient Secret of the Fountain Of Youth. Peter Kelder's book begins with an account of his own introduction to the rites by way of Colonel Bradford, a mysterious retired British army officer who learned of the rites while journeying high up in the Himalayas. Fountain of Youth then offers practical instructions for each of the five rites, which resemble yoga postures.

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Ancient Secret of the Fountain of Youth by Peter Kelder

The revised publications of The Eye of Revelation titled Ancient Secret of the Fountain of Youth also contain numerous testimonials by practitioners of the Rites, claiming that they yield positive medical effects such as improved eyesight, memory, potency, hair growth, restoration of full color to completely gray hair, and anti-aging.

Five Tibetan Rites - Wikipedia

ANCIENT SECRET OF THE A . . .the story of a man who challenges the remote, mysterious Himalayas to uncover the secret of the ages: legend's miraculous "Fountain of Youth!" Journey to a hidden monastery deep inside forbidden Tibet. Share its secret of lasting youth and rejuvenation: five ancient rites, easy to perform, yet powerful enough to

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Picking up where Peter Kelder's remarkable book left off, Ancient Secret of the Fountain of Youth, Book 2 completes the Fountain of Youth health programme, with detailed information on a variety of topics discussed only fleetingly in the original bestseller: the history and origins of the Five Rites, valuable insights about how the Rites work, diet suggestions, and easy-to-follow exercises. Illustrated with fifty black-and-white photographs, this guide will help turn back the hands of time ...

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Amazon.com: Ancient Secret of the Fountain of Youth, Book ...

The Ancient Secret of the Fountain of Youth by Peter Kelder at AbeBooks.co.uk - ISBN 10: 038549162X - ISBN 13: 9780385491624 - Bantam Doubleday Dell Publishing Group - 1998 - Hardcover

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The Five Tibetan Rites are five simple kriyas (movements through two or more poses) that can be completed in less than 20 minutes and will help you live the ...

The 5 Tibetan Rites: The Ancient Secret of the Fountain of ...

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