

11. Health and happiness are your birthright:

- Health and happiness are our birthright! Claim them and develop them to maximum potential.
- The goal of human existence is not health and happiness but *moksha* (liberation).
- Most people today are so busy trying to find health and happiness that they forget why they are here in the first place.
- Yoga helps us regain our birthrights and attain the goal of human life.

Healthspan Claim Your Birthright To Holistic Health And Happiness From Here To 1

F Rizvi



Healthspan Claim Your Birthright To Holistic Health And Happiness From Here To 1:

Healthspan Claim Your Birthright To Holistic Health And Happiness From Here To 1 Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Healthspan Claim Your Birthright To Holistic Health And Happiness From Here To 1**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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