

Where To Download The Yoga Of Herbs An
Ayurvedic Guide To Herbal Medicine David
Frawley

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Ayurvedic Herbology - East & West
Ayurvedic Healing
How I Became a Hindu
Asthma: Ayurvedic Cure, Herbal Remedies, Yoga and Meditation
The Herb Book
The Complete Book of Ayurvedic Home Remedies
Mantra Yoga and the Primal Sound
Ayurvedic Astrology
The Secret Teachings of Plants
How to Use Herbs, Nutrients, and Yoga in Mental Health Care
Ayurveda
Ayurveda For Dummies
The Way of Ayurvedic Herbs
The Herbal Apothecary
Herbal Goddess
Secrets of the Pulse
The Oracle of Rama
Planetary Herbology
Braun - Herbs and Natural Supplements, 2-Volume Set
The Herbal Kitchen
Tantric Yoga and the Wisdom Goddesses
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The Wheel of Healing with Ayurveda
Ayurvedic Cooking for Self-healing
Yoga for Your Type
Everyday Ayurveda
Ayurveda, Nature's Medicine
Yoga and Ayurveda
The No Meat Athlete Cookbook
Inner Tantric Yoga
Healing
Ayurveda and Marma Therapy
Yoga

Ayurvedic Herbology - East & West

All you need to know about herbs, nutrients, and yoga for enhancing mental health. Many physicians and

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therapists agree that herbs and mind-body practices enhance health, but many more are reluctant to integrate them into their clinical work because of a lack of training or, given how long it takes to master the use of hundreds of different herbs, a lack of time. But the trend is clear: clients and consumers alike want control over their health care choices, making the time ripe for a practical resource that guides both the clinician and the consumer on complementary and alternative medicine (CAM). This book answers that call. Three noted experts in integrative medicine, Drs. Brown, Gerbarg, and Muskin, demystify the complexities of alternative mental health care, giving readers a comprehensive yet accessible guidebook to the best treatment options out there. From mood, memory, and anxiety disorders to ADD, sexual enhancement issues, psychotic disorders, and substance abuse, every chapter covers a major diagnostic category. The authors then present a range of complementary and alternative treatments-including the use of herbs, nutrients, vitamins, nootropics, hormones, and mind-body practices- that they have found to be beneficial for various conditions within each category. For example, B complex vitamins and folate have been shown to help with depression; omega-3 fatty acids can offer relief for bipolar sufferers; coherent and resonant breathing techniques-used by Buddhist monks-induce healthy alpha rhythms in the brain to relieve anxiety; the elderly can boost their memory by taking the ancient medicinal herb *Rhodiola rosea*; and those with chronic fatigue syndrome can find comfort in acupuncture and yoga. Focusing on evidence-based approaches, the research, the authors' clinical experience, and the

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potential risks and benefits of each treatment are carefully examined. Brown, Gerbarg, and Muskin have distilled an otherwise daunting field of treatment down to its basics: their overriding approach is to present the CAM methods that are most practical in a clinical setting, easy to administer, and low in side effects. With helpful summary tables at the end of each chapter, clinical pearls, and case vignettes interspersed throughout, this is a must-have resource for all clinicians and consumers who want the best that alternative medicine has to offer.

Ayurvedic Healing

Based on the ancient healing tradition from India that dates back thousands of years, *The Complete Book of Ayurvedic Home Remedies* offers natural alternatives to conventional medicines and treatments with practical advice and easy-to-follow instructions. Dr. Vasant Lad, a leading authority in this field, has created an invaluable guide to treating common ailments and chronic problems with strategies tailored to your personal needs based on your dosha. Dr. Lad first explains the principles behind the science of Ayurveda, exploring the physical and psychological characteristics of each of the three doshas, or mind-body types--vata, pitta, and kapha. Once you have determined which type or combination of types you are, Dr. Lad helps you to begin your journey to the ultimate "state of balance" and well-being. Dr. Lad explains why certain imbalances often result in illness and shows you how to restore your body to natural order. You'll learn which traditional Ayurvedic

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remedies--herbal teas and formulas, essential oils, meditation, yoga--offer relief from a variety of conditions, such as cold and flu symptoms, headaches, toothaches, sore throats, high cholesterol, vision problems, anxiety, and depression. Dr. Lad also shows you how to use diet and specific Ayurvedic techniques to prevent future illness and to promote body consciousness and healthy living. The Complete Book of Ayurvedic Home Remedies enables us all to experience the benefits of Ayurveda's healing properties that have been refined over thousands of years. All of the herbs, foods, and oils Dr. Lad recommends can be found in local health food stores or through mail-order catalogs. Complete with an extensive glossary and resource list, this is the definitive guide to natural, safe, and effective remedies, everyday keys to a lifetime of vitality and well-being. From the Trade Paperback edition.

How I Became a Hindu

This book provides an excellent introduction to the essence of Hindu Tantrism, discussing all the major concepts and correcting many existing misconceptions.

Asthma: Ayurvedic Cure, Herbal Remedies, Yoga and Meditation

Within the holistic framework of the Daoist way, Ronald H. Davis provides a comprehensive and straightforward guide to the principles and practice of actively living in harmony with the seasonal energetic

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changes throughout the year. The program focuses on the importance of Qigong, meditation, and diet to support good mental and physical health. The author includes clear explanations of the theory underlying this approach to a healthy life, including the Five Phases of Change (Five Elements) of Chinese Medicine, the body's Qi system of channels and reservoirs, and the concept of chronobiology. For each season he provides a Qigong specific for the season, meditations, herbal information, and dietary recommendations with simple recipes to support the functions of the organ in focus in that season. This accessible program of Qigong for the seasons will be of interest to anyone seeking a healthy life, students of Qigong at any level, and the seasonal emphasis makes this an excellent quick reference for Qigong teachers.

The Herb Book

Yoga and Ayurveda together form a complete approach for optimal health, vitality and higher awareness. YOGA AND AYURVEDA reveals to us the secret powers of the body, breath, senses, mind and chakras. More importantly, it unfolds transformational methods to work on them through diet, herbs, asana, pranayama and meditation. This is the first book published in the West on these two extraordinary subjects and their interface. It has the power to change the lives of those who read and apply it.

The Complete Book of Ayurvedic Home Remedies

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Mantra Yoga and the Primal Sound

This book is based on Ayurveda, the ancient healing science of India, by a Westerner first ever to obtain a degree in Ayurveda. It is meant to reintroduce modern man to Walking With Naked Feet through life to come back into contact with Nature. Although centuries old the concept of individual constitution is a new concept for the modern mind, a new way for all of us to understand our `relationship` with nature.

Ayurvedic Astrology

This is the first book on marma therapy published in the West. It clearly describes the 107 main marma points in location, properties and usage. It explains in detail how to treat them with many methods including massage, aromas, herbs and yoga practices. Ayurveda and Marma Therapy is an essential reference guide for all students of Yoga, Ayurveda, massage or natural healing.

The Secret Teachings of Plants

Ayurveda, the ancient healing art of India, teaches that food plays an essential part in one's health and sense of well-being. Here is an authentic guide of the Ayurvedic approach to food and tasty vegetarian cooking. The recipes are formulated using herbs and spices to help balance constitution of each person. The effects of the foods on individual constitution are included with every recipe together with the

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medicinal properties of many of the foods. This is a cookbook and much more. The Chapters included in this book are on the principles of Ayurveda and individual constitution; maintaining one's health, digestion and constitutional balance; the importance of proper food combining for optimal well-being; setting up an Ayurvedic kitchen and planning menus inclusive of every member of your family; and more than 100 recipes of delicious Ayurvedic cuisine. Three more important sections are included-nearly three hundred simple remedies for everything from the common cold and skin problems to stabilizing blood sugar in diabetics, all using familiar household herbs, fruits and vegetables; a chart for determining your individual constitution; comprehensive food guide lines; and a listing of the qualities of foods and their effects on the doshas.

How to Use Herbs, Nutrients, and Yoga in Mental Health Care

Most popular general introduction to Ayurveda, the alternate health science of India.

Ayurveda

Modern science and ancient wisdom traditions agree that the universe is a symphony of vibrational frequencies. In this beautiful, comprehensive, and unique work, Dr. Frawley elaborates the essential truths about cosmic sound, and how we can employ important mantras for healing, transformation and inner awakening.

Where To Download The Yoga Of Herbs An Ayurvedic Guide To Herbal Medicine David Frawley **Ayurveda For Dummies**

Popular medicine.

The Way of Ayurvedic Herbs

The secret to transforming easy dishes into extraordinary meals? Fresh herbs. In *The Herbal Kitchen*, IACP award-winning cookbook author and acclaimed Herbfarm Restaurant chef Jerry Traunfeld presents simple dishes using herbs straight from the market, windowsill, or garden. Until recently, the fresh herbs available in supermarkets were limited to parsley and maybe dill. Today, thyme, rosemary, basil, cilantro, mint, and sage are among the many fresh herbs as close as the produce section or the farmer's market. Not to mention marjoram, lovage, tarragon, lavender, shiso, and so many others. Jerry shows you how to incorporate these fresh herbs into your everyday home meals. So whether preparing a workday supper for the family, a special dinner for two or four, or a feast for a table of guests, using fresh herbs in your cooking will result in fresh and vibrant food. *The Herbal Kitchen* includes some recipes that are home variations of the innovative dishes Jerry prepares at the Herbfarm, while others are fresh takes on familiar classics such as Herb Garden Lasagna or Shrimp in Garlic-Sage Butter. All are uncomplicated and prep time is minimal -- with the emphasis on spontaneity and the unmistakable flavors of fresh herbs. Start off with Asparagus and Lemon Thyme Soup, Spicy Verbena Meatballs, or Rye-Thyme Cheese Straws before moving on to Cinnamon

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Basil Chicken, Side of Salmon Slow-Roasted in Dill, and Root Ribbons with Sage. Delectable desserts include Warm Lavender Almond Cakes, Rhubarb Mint Cobbler, and a sinful Chocolate Peppermint Tart. Once you're hooked on cooking with fresh herbs, you'll want to grow them yourself. The Herbal Kitchen is filled with important tips for growing, harvesting, and handling each of the herbs used in the recipes. Valuable information on the varieties of each herb is also highlighted, such as how to tell the difference between Greek oregano and Italian oregano, why you always want to choose bay laurel over California bay, and what type of lavender is best for cooking. Filled with stunning photos of the herbs, the techniques for handling them, and the finished dishes, Jerry's definitive guide is sure to be a classic, reached for again and again.

The Herbal Apothecary

This is the first book that details how to choose Yoga asanas (Yoga poses) most appropriate for your unique body type according to the five thousand year old system of Ayurvedic medicine. These two systems of healing and energy management have long been regarded as effective methods of relieving stress, creating personal balance, eliminating ailments, and relieving chronic pain. Yoga for Your Type presents a fundamental understanding of both Yoga and Ayurveda and provides the information needed for you to balance your energy and feel healthy.

Herbal Goddess

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With over 75 nourishing recipes and herbal remedies, this cookbook and seasonal guide to wellness pays homage to the ancient wisdom of the elements. Turn your kitchen into a healing sanctuary! This cookbook will help you identify your unique constitution based on the five elements—earth, water, fire, wind, and ether. Use that insight to design an everyday wellness practice with nourishing meals, healing herbs, and self-care rituals. Tapping into these elements is at the heart of all traditional medicines—Ayurveda, Western Herbalism, and Chinese Medicine—and it is the key to discovering your most vibrant self. Discover the power of herbalism and the elements to feel balanced and well from season-to-season. With simple spices and healing herbs, you'll feel confident creating remedies that support mental clarity, enhanced digestion, a relaxed nervous system, and promote an overall radiance. From cleansing tonics like Roasted Dandelion Chai or Hibiscus Punch with Schisandra Salt to rejuvenating classics like Kitchari with Golden Ghee or Tumeric Congee, you'll find transformative recipes and uses for adaptogenic herbs to restore and find balance every day.

Secrets of the Pulse

Soma in Yoga & Ayurveda cracks the secret code of "Soma" and de-mystifies the myth and logic about its practical application. Dr. Frawley has clearly outlined that the real fountain of Soma is well within you and tapping into that nourishment will make your life enlightened and blissful.

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The Oracle of Rama

Build Optimal Energy and Health in Body, Mind, and Spirit Ever wondered why you're feeling out of balance, stressed-out, sick, and exhausted but still can't sleep? Western medicine often ignores the underlying issues that can lead to fatigue, illness, and disease, but there is a way to revitalize your body and mind without drugs or dangerous side effects. Ayurveda, the "science of life," is a complete wellness system that includes all that we associate with medical care — prevention of disease, observation, diagnosis, and treatment — as well as self-care practices that are generally absent from Western medicine. This truly holistic approach considers not just diet, exercise, and genetics but also relationships, life purpose, finances, environment, and past experiences. In this thorough and practical book, Michelle Fondin guides you gently through self-assessment questions designed to zero in on your needs and the best practices for addressing them, such as eating plans, addiction treatment, detoxification, and techniques for improving relationships. She outlines easy steps you can take, with minimal cost, to heal common ailments such as high blood pressure, heart disease, diabetes, excess weight, anxiety, and depression. These time-tested methods for body, mind, and spirit wellness offer benefits to anyone at any age.

Planetary Herbology

Indian psychology created a new standard in scholarly

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work on its first publication by Kegan Paul in the thirties. The present reprint of all the three volumes of this classic meets the needs of students and teachers of Indian Psychology as well as the general reader interested in the study of Indian philosophical - psychological literature.

Braun - Herbs and Natural Supplements, 2-Volume Set

Discover Hundreds of Holistic Remedies and Wellness Tips Llewellyn's Book of Natural Remedies shares a powerful integrative approach to healing and living a more natural life. Author Vannoy Gentles Fite shares effective remedies for more than a hundred ailments, exploring contemporary and traditional techniques using common, everyday ingredients. Integrative medicine combines natural, holistic approaches with mainstream medicine. In this book, each ailment includes treatments using essential oils, herbs, Ayurveda, and home remedies. The recipes are easy to locate based on your specific needs, and they include materials you can typically find in your home. From balms and baths to tinctures and wraps, these outstanding remedies will support your healing process as you live your best possible life.

The Herbal Kitchen

Synthesizing the herbal knowledge of both China and India, this updated guide to using plants for healing presents ancient wisdom in a modern, practical, step-by-step format. Original.

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Tantric Yoga and the Wisdom Goddesses

Rebalance your mind, body and spirit—the natural way! Ayurveda is an ancient system of prevention and treatment of illness by maintaining balance in the body, mind, and spirit according to your individual body type. Ayurveda For Dummies provides you with a comprehensive introduction to this area of complementary medicine, considering the origins and history of Ayurveda as well as practical guidance on utilizing the correct balance of nutrition and exercise, herbal remedies, yoga, and Ayurvedic massage to treat ailments and maintain a healthy, happy lifestyle. Helps you develop a diet based on your body type Advises you on ways to optimize your health by exercising to suit your body type Gives you trusted info on stretching your body with Yoga This hands-on, friendly guide helps you understand your body type and restore balance to your life using the principles of Ayurveda.

Llewellyn's Book of Natural Remedies

Presents the Ayurvedic treatment of common diseases, covering over eighty different ailments from the common cold to cancer.

Prakriti Your Ayurvedic Constitution

A Sports Illustrated Best Health and Wellness Book of 2017 Plant-powered recipes to power you—perform better, recover faster, feel great! A fast-growing global movement, No Meat Athlete (NMA) earns new

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fans every day by showing how everyone from weekend joggers to world-class competitors can become even healthier and fitter by eating whole plant foods. Now *The No Meat Athlete Cookbook*—written by NMA founder Matt Frazier and longtime health coach, yoga teacher, and food writer Stefanie Romine—showcases 125 delicious vegan recipes, many inspired by plant-based foods from around the world. Put nourishing, whole foods on the table quickly and affordably, with: Morning meals to power your day (Almond Butter-Banana Pancakes, Harissa Baked Tofu) Homemade sports drinks to fuel your workouts (Cucumber-Lime Electrolyte Drink, Switchel: The Original Sports Drink) Nutrient-packed mains to aid recovery (Naked Samosa Burgers, Almost Instant Ramen) Sweets that work for your body (Two-Minute Turtles, Mango Sticky Rice) Oil-free options for every recipe; gluten-free and soy-free options throughout

The Yoga of Herbs

It is 1870 and railway workers and their families have flocked to the wild and inhospitable moorland known as Batty Green to build a viaduct on the Midland Railway Company's ambitious new Leeds to Carlisle Line. Among them are three very different women - tough widow Molly, honest and God-fearing Mary Pratt, and Helen Parker, downtrodden by her husband and seeking a better life. When tragedy strikes, the lives of the three women are bound together, and each is forced to confront the secrets and calamities that threaten to tear their families apart.

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Optimal Health for a Vibrant Life

Contains a full description of Ayurveda on all levels from diet and herbs to yoga and meditation, explaining both Ayurvedic diagnostic and treatment methods.

The Kosmic Kitchen Cookbook

Thousands of years ago Ayurveda described multiple levels of the radial pulse that could be used to interpret the status of the organs and systems of the body as well as the mental and physical constitutions of the individual. For the first time in the west this book presents this ancient art and provides a method by which anyone can learn to read his or her own pulse.

Qigong Through the Seasons

Herbs and Natural Supplements, 4th Edition: An evidence-based guide is an authoritative, evidence-based reference. This two volume resource is essential to the safe and effective use of herbal, nutritional and food supplements. Volume 1: The first volume provides a foundation of knowledge in the clinical practice of complementary medicine. It emphasises safe practice with strategies to prevent adverse drug reactions, guidelines in assessing benefit, risk and harm and the evaluation of research. Volume 2: The second volume provides current, evidence-based monographs on the 132 most popular herbs, nutrients and food supplements.

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Comprehensive review of herbal medicine, clinical nutrition, aromatherapy, and food as medicine Patient safety and wellness Considerations in preoperative care and pregnancy Use in the treatment of cancer Herb/nutrient - drug interactions. Provides up-to-date evidence on the latest research impacting on herbal and natural medicine by top leaders within the fields of Pharmacy, Herbal Medicine and Natural Medicine.

The Yoga of Herbs

Ayurvedic Herbology East & West is a comprehensive and practical guide to Ayurvedic herbal medicine that focuses on traditional Ayurvedic herbs and formulas that are readily available in the west. Importantly, it is one of the first books to categorize commonly used Western medicinal plants with Ayurvedic herbal energetics.

Soma in Yoga and Ayurveda

Time is scarce and precious in today's world and we seek solutions that are quick. While allopathic medicine tends to focus on the management of disease, the ancient study of Ayurveda provides us with holistic knowledge for preventing disease and eliminating its root cause. Dr Bhaswati Bhattacharya takes you through a day in the life of Ayurvedic living.

The Wheel of Healing with Ayurveda

Autobiography of Vedic scholar converts from Christianity.

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Ayurvedic Cooking for Self-healing

A major work integrating the herbal traditions of the East with those of the West by the bestselling author of *The Way of Herbs*. This practical handbook and reference guide is a landmark publication in this field. For unprecedented usefulness in practical applications, the author provides a comprehensive listing of the more than 400 medicinal herbs available in the west, classified according to their chemical constituents, properties and actions, indicated uses and suggested dosages.

Yoga for Your Type

More than 2,000 complete and concise descriptions of herbs, illustrated by more than 275 line drawings, offer natural aids to health and happiness. Includes tips on growing, botanical medicine, seasoning, and much more.

Everyday Ayurveda

Optimal Health for a Vibrant Life is a 30-day guide to optimize your health with nutrition, herbs, myofascial release, yoga and simple home remedies. This book will lead you through a step-by-step program to cleanse your body of impurities and toxins and to create simple, long-term changes that will produce results for years to come.

Ayurveda, Nature's Medicine

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“Perfect for anyone just beginning in herbal medicine.” —Mother Earth Living Start your path to natural wellness with the safe, trusted advice found in *The Herbal Apothecary*. With the guidance of naturopath JJ Pursell, you will learn how to safely create your own remedies using plants you know and love. Incorporating traditional wisdom and scientific information, *The Herbal Apothecary* provides an accessible and comprehensive introduction to plant-based medicine. It features profiles of the 100 of the most important medicinal plants that include information on medicinal uses, identification and cultivation, and recipes for common concerns. Additional information includes step-by-step instructions for making herbal teas, tinctures, compresses, salves, and more. This comprehensive guide includes treatments for men, women, and children that address a variety of concerns including muscle strain, the flu, the common cold, insomnia, anxiety, and much more.

Yoga and Ayurveda

The No Meat Athlete Cookbook

'Inner Tantric Yoga' presents the deeper tradition of Tantra, its multidimensional vision of the Divine and its transformative practices of mantra and meditation that take us far beyond the outer models of how Tantra is usually presented today.

Inner Tantric Yoga

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Advocates the use of an intuitive cognition in order to discover plants' medicinal and nutritional purposes, including discussions of the scientific model's limits and how, once cultivated, it can be applied to disciplines such as medicine.

Healing

"The Oracle of Rama shows us how we can make karmically appropriate choices so that we can live a life of joy and fulfillment" states Deepak Chopra. The Oracle Of Rama is perhaps the greatest oracle of India, as well as one of the simplest and easiest to use. "The Oracle of Rama uses the insights of Tulsidas, one of the greatest seers of the Vedic traditions, to unlock the secrets of the realm of unmanifest intelligence and open up for us all the creative potentials of the universe." Deepak Chopra

Ayurveda and Marma Therapy

Working with 12 common herbs, Amy Jirsa offers recipes and ideas to open your mind, strengthen your body, and nourish your spirit. In-depth profiles show you how to unlock the powerful properties of calendula, chamomile, cinnamon, dandelion, echinacea, elder, ginger, holy basil, lavender, nettle, rose, and turmeric through delicious teas and foods, luxurious salves, skin and hair care treatments, complementary yoga poses, and meditations. Discover the natural keys to radiant health and wellness.

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As yoga continues to grow in popularity as a modern exercise and fitness movement, it is important to take notice of the greater spiritual tradition that forms its core. This book sheds light on the greater tradition and teachings of yoga, providing readers with an important approach to the practice that can harmonize their existence both individually and collectively. 'Yoga' provides all students with a new appreciation of their discipline's universe.

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