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Altri autori (Persone)	JainBarkha
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Sommario/riassunto	About the Book: Fasting and Feasting is an attempt to trace the origins of these traditional observances as carried out Then and Now. Thus it familiarizes the youth with the concepts associated with some observances and practices which they might have been involved with but against their logical sense. The book is written in simple language and presents a clear classification of fasts, and their mode of observance, the impact that each fast has on health and wellness? physical, physiological, mental, social and spiritual?which has not been seen in any other publication. Further, fasting a