

Download Biorhythms : Is This Your Day

The emotional biorhythm last for 28 days (just like the Moon's cycle) and relates to your emotional stability or stress. more... The physical biorhythm lasts for 23 days and is related to your physical energy, strength, health, stamina. more... Secondary rhythms: Spiritual (53 days), Awareness (48 days), Aesthetic (43 days), Intuition (38 days) Buy Biorhythms: Is This Your Day? by Thommen George (ISBN: 9785551592839) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders. Biorhythm - how is your present day form? The Biorhythm is a rhythm that describes the shape of your day. The performance and the State of mind are subject to rhythms in humans. Do you want to understand what was going on in your life and forecast how you will feel on an important day in the future? I have found one of the best tools for understanding yourself and it all comes down to the specific day that you were born.