

## The Review

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## Alumna Publishes Bestselling Book

BY LIVIA COLE

A book by graduate Charlotte Bech was published in January in Denmark — selling out in two weeks and rising to the top of the best-seller list.



She was interviewed on national radio six times, and for a year will be featured in a daily TV program giving advice on the Maharishi Vedic Approach to Health<sup>SM</sup>.

The book, *Healthy and Sound — All Year Round*, is being translated into three other languages, and Dr. Bech is hoping to also have it published in the U.S.

*Healthy and Sound* is written in a calendar format, giving one simple health tip for every day of the year. The practical advice presented in the book covers diet, exercise, imbalances, detoxification, and stress management.

“Every morning you can read the health tip of the day and try to implement it,” says Dr. Bech. “In this manner, day by day, you can gradually establish healthy routines and habits.”

Dr. Bech holds a medical degree from the University of Copenhagen, has worked in various areas of conventional modern medicine, and has taught at the University of Copenhagen Medical School. Dr. Bech received her M.S. in Physiology and M.A. in the Science of Creative Intelligence<sup>®</sup> from Maharishi University of Management.

Dr. Bech is the vice president of the European Ayurvedic Medical Association and currently runs her own prevention-oriented clinic. She also teaches the Transcendental Meditation<sup>®</sup> technique