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Yoga for Grief Relief: Simple Practices for Transforming Your Grieving Mind and Body

By Antonio Sausys

New Harbinger Publications, United States, 2014. Paperback. Book Condition: New. 250 x 202 mm. Language: English . Brand New Book. If you've experienced profound loss-be it the death of a loved one or the end of an important relationship-you may feel intense emotional or physical pain. In fact, it's not uncommon for grieving people to experience depression, anxiety, fatigue, and a variety of chronic ailments. If you've tried medication or therapy but have yet to find relief, you may be surprised to discover the healing effects of yoga. Yoga for Grief Relief combines over 100 illustrations of gentle yogic poses and the latest research in psychophysiology and neuroscience to help you get back on the path to wellness. Written by Antonio Sausys, TV host of YogiViews and the founder of Yoga for Health, an International Yoga Therapy Conference, the step-by-step exercises in this book can be tailored to your personal needs, and are designed to help you work through your loss and begin on the journey to self-knowledge and enlightenment. Grief affects both the mind and the body. Using the examples and illustrations in this book, you'll discover how the ancient practice of yoga can provide...



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