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Yoga for Warriors: Basic Training in Strength, Resilience, and Peace of Mind

By Beryl Bender Birch

SOUNDS TRUE INC, United States, 2014. Paperback. Book Condition: New. 226 x 188 mm. Language: English . Brand New Book. War leaves more than physical scars. Military service men and women today bear invisible wounds-PTSD (Post-Traumatic Stress Disorder), TBI (Traumatic Brain Injury), anxiety, depression-all just as real and painful. This book gives you tools for finding your way as a warrior-whether deployed or in a civilian environment-and adapting to a peaceful life at home. Yoga and meditation have scientific support as a means for relaxing the stress response, sharpening mental acuity, boosting immunity and recovery time, and promoting a general sense of health and psychological well-being. Beryl Bender Birch developed the methods described in Warrior Pose while working with civilians and first-responders in the aftermath of the 9/11 attacks. They include yoga postures, breathing techniques, relaxation and yoga sleep, meditation, and more. In Rear Admiral (ret.) and former Navy SEAL Tom Steffens words, Beryl never takes any subject lightly, trust me, and her insight into the mind-body-spirit connection for military members and veterans results from an in-depth study that she undertook to get this right.



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