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YOGA FOR DEPRESSIONAdmin2019-03-12T14:32:55-07:00 What a delightful book. Not just about depression, it's also a great resource for yoga teachers hoping to understand mental health, therapists looking to include yoga, or people with depression, anxiety or PTSD hoping to get more emotional balance from their yoga practice. Between this and Weintreaub's other book, Yoga Skills for Therapists, this is far superior. Some healers are just more talented at explaining philosophy than to, and Weintaub is one of them. Her writing is info What a delightful book. Not just about depression, it's also a great resource for yoga teachers hoping to understand mental health, therapists looking to include yoga, or people with depression, anxiety or PTSD hoping to get more emotional balance from their yoga practice. Between this and Weintreaub's other book, Yoga Skills for Therapists, this is far superior. Some healers are just more talented at explaining philosophy than to, and Weintaub is one of them. Her writing is informative, compassionate, and shines wisely. This book makes me want to know her and learn more about her work... Yoga skills for therapists do not. I'll add that to my resource library. ... More Start Your Yoga Review for Anxiety and Depression This book is one of the best bookThis is one of the simplest and best book. Which is useful for understanding such a complicated topic related to stress and is overcoming Page 2 This review book is part of a series that covers the subject of positive psychology. Positive psychology is the study of strengths and virtues that allow individuals and communities to thrive. Positive psychology has three central concerns: positive emotions, positive individual traits and positive institutions. Dr. Barbara Becker Holstein is the Official Guide to Positive Psychology. Yoga for Depression: A Compassionate Guide to Razor Suffering Through Yoga, by Amy Weintreb, is a valuable resource for people interested in positive psychology, and is available through Amazon.com and Barnes & Noble. Description long-term book yoga teacher and writer Weintraub offers yoga readers as an alternative to antidepressants, which, she explains, treat the symptoms of the problem, but not the whole person. By contrast, a daily practice of yoga will bring the physical body and emotional body into balance, restoring a sense of well-being and energy. Woven into her own triumphant story and those of her students, Weintreub seems to beg readers to give yoga a chance to relieve their suffering. It builds a convincing, if plodding, the case by reviewing medical evidence, would be the impact of practice on stress levels and the healing principles of yoga, which include the development of both your energy and self-awareness. Weintreaub also discusses the roles of breathing and and, most interestingly, explaining how holding certain poses can help release the trauma that can be stored in the body. Although descriptions and images of certain stretches, positions and breathing exercises are scattered around the world, Weintnaub encourages readers to use the book as a guide and find a class taught by a qualified yoga instructor. Perhaps some readers will be motivated to do so because of the enthusiasm of the author and the well-researched material. But the New Age-Ishvara-pranidhana language may mean that the separations between you and your partner may begin to dissolve, so that experiencing the fulness of sacred union with the divine through your partner might discourage others. Forbes clearly and compassionately explains anxiety and depression and helps readers understand the healing process. We can all benefit from these teachings. --LA Yoga This book is excellent - it is timely, clear, and full of tools for creating emotional balance. I especially like restorative yoga sequences. They're close to being miraculous and anyone can do them. --Lilias Folan, PBS host and author of Lilias! Yoga gets better with Age Forbes has created a well-informed, realistic guide to addressing the physical and psychological aspects of anxiety and depression, explaining how we can use the body and mind in collaboration with each other to heal. To her credit, Forbes motivates his ideas and recommendations in sober observations (both as a therapist and as a yoga teacher), scientific literature and bodhisattva compassion for human suffering. If you are struggling with anxiety and depression, this book could point the way to fullness and well-being. --Yoga Journal Bo Forbes has written more than a book. She has put together a step-by-step recipe that can be tailored to individual needs for effective improvement of common modern-day diseases of stress, anxiety, and depression. --Richard Rosen, author of Yoga Yoga for Emotional Balance Learning Restoration and Simple Breathing Techniques that, when practiced regularly, can put you on the path to feeling better. --Timothy McCall, MD, author of Yoga as Medicine [A] unique synthesis of yoga and psychology . . . this important contribution in the field of integrative emotional healing is informative for teachers and therapists, but accessible to the laic. --Yoga International Bo Forbes, PsyD, is a clinical psychologist, yoga teacher, and integrative yoga therapist whose background includes training in biopsychology, behavioral medicine, and stress management. She is the founder of Integrative Yoga Therapeutics, a system that specializes in the therapeutic application of yoga for anxiety, insomnia, depression, immune disorders, pain and physical injuries. Forbes organises teacher training courses and workshops at international level and writes frequently for magazines such as Journal, Body + Soul, and International Journal of Yoga Therapy. For more information, visit it online at boforbes.com. More New Elections buying 21 from \$26.00 16 used from \$9.95 2 collection to \$25.75 I remembered that I'm not on this path alone, that others are sharing the journey that sometimes seems so difficult. I have also been reminded of the importance of daily practice, and I will do so. The whole program was an incredible experience for me. Thank! -- Lorraine Ppauth, retired teacher, Voorheesville, NY This workshop helped me to rededicate my energies and start working through some of the blocks I felt creative. -- Steve Mark, university professor, New Haven, CTI gained a softer heart, a more receptive mind and tools to enrich both personal and professional aspects of my life. -- Queen Trailweaver, LICK, social worker, Hancock, VT. I have gained tools to work with my own depression and with the depressions of my clients. - Robert Sgona, LCSW, RYT, psychotherapist, yoga teacher, Camden, ME. My personal practice will change, as well as my yoga classes. I have a better understanding of yoga! -- Andrea Gattuso, RYT, Yoga Teacher, Hackettstown, N.J. My patients can now have the same effects as many drugs, without actually having to take medication! - Deborah Lubettin, PSY. D, LFYP, West Caldwell, NJWords don't do justice to everything I've learned. This workshop changed my life! - Jen Nolan, Professor, Cortland, NY I found LFYP training to be incredibly useful in providing people with specific tools to use in maintaining physical, mental, emotional, and spiritual balance, and further opening up their intuitive skills. - Nancy Windheart, RYT-200, LFYP, Reiki Master, Professor of Animal Communication, Prescott, AZ My Life Is Already Changed! I will use the tools I have learned in my own practice and in my work. I feel safe and seen. - Susan Andrea Weiner, MA, Professor/Facilitator of Expressive Arts, El Cerrito, CA. I came hoping to learn to overcome some of the obstacles blocking my creativity. Over the course of this weekend, I feel like I've gained some confidence in myself and my ability to change. I've also had some achievements that I think will be very helpful to me. I feel encouraged. Both the content and presentation of this program have been so well thought out that I can't think of any way to improve it. - Andrea Gollin, writer & editor, Miami, FL Eu integrate strategies like mantra tons and pranayama, but above all I invite myself and those I teach to cultivate svadhyaya, to practice self-observation without judgment. -- Barbara Sherman, RYT LFYP, Tucson, AZ Use LFY techniques both in a classroom and in a one-on-one environment. My abilities infused my teachings with compassion, compassion, -- Kat Lelsen, CYT, LFYP I learned a lot of ways to reduce the anxiety and depression of my patients and myself. -- Aviva Sinvany-Nubel, PhD, APN, CNSC, RN, psychotherapist, Bridgewater, N.J. This workshop has changed so much - my self-image and my life. My heart's desire is 100% clear. I have gained tools to help myself and others live life fully. - Marcia Siegel, yoga teacher, therapist, Carlsbad, CA. It helped me connect with the spirit which is something you can't get from psychotherapy and medication. - G. W., artist, Pittsburgh, PA I started a fantasy during the meditation exercise... almost like I would have been there. It is now a work in progress of fiction. - Serial Strauss, Tanzania Giving my clients a strategy and permission to calm their minds and rebalance the sympathetic nervous system was very beneficial to them and in our work together. - Sue Dilsworth, PhD, RYT 200, LFYP, Allendale, MI I found pranayama (breathing practices), especially easy to introduce into a clinical setting. Some people have quickly benefited in unexpected and transformative ways. - Liz Brenner, LICK, LFYP, Watertown, I absolutely love these things! I've been using it with my clients and I'm just finding it to be so incredibly useful. Although I'm not as skilled as I hope to be one day, even at my level of training I'm finding that I'm starting to figure out what to do. - Christine Brudnicki, MS, LPC I feel deeply transformed, both physically and emotionally. The connection between mind, body and spirit was clearly obvious to me, but revealed through this workshop as an entirely vital link to general health. - Nadine Richardson, program manager at the rehab agency, Monroe, CTA client who came back said, When I came forward, you helped me understand and get where I wanted to go. Now show me the yoga practices I use to help me understand and get where I want to go. - Sherry Rubin, LCSW, BCD, LFYP, Downingtown, PA I gained the perspective of who I am in the world and this will change my life significantly. -- Mary Ford, artist, Southport, CT Yoga Skills for therapists is the ideal resource for those who want to bring yoga practices into psychotherapy or healthcare. Weintreaub, a leader in yoga therapy, offers evidence-based strategies that are easy to introduce to manage anxiety, improve mood and alleviate suffering. Useful clinical perspectives and case examples emphasize safety, trust, and skillful adaptation to the individual, making it easy to apply the wisdom of yoga effectively in the therapeutic context. - Kelly McGonigal, PhD, author, Yoga for Pain Editor-in-Chief, International Journal of Yoga Therapy Am căștigat o o opening and cleaning old obstacles. I hope to return to my life and fill this opening with things I love to do and that gives me joy! - Lisa Shine, Administrative Assistant, Ballston Lake, NY NY

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