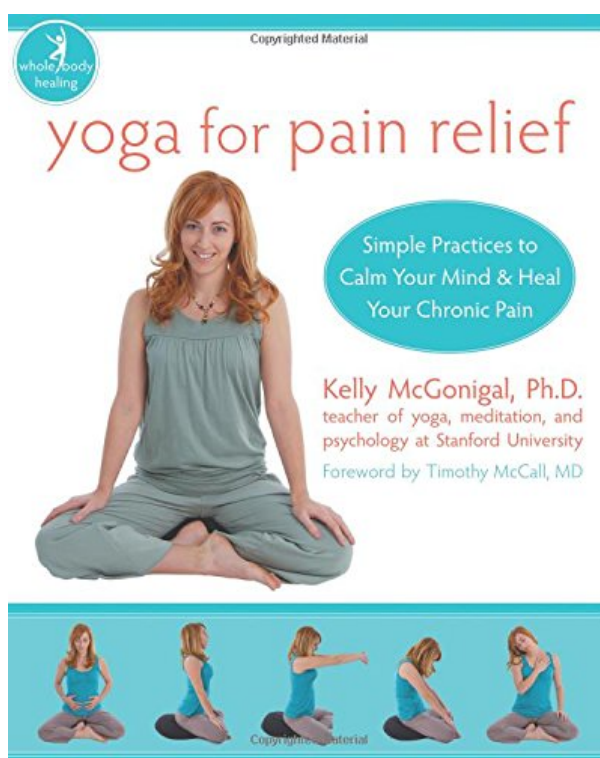


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yoga for pain relief



Simple Practices to
Calm Your Mind & Heal
Your Chronic Pain

Kelly McGonigal, Ph.D.
teacher of yoga, meditation, and
psychology at Stanford University
Foreword by Timothy McCall, MD



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It's no secret that yoga increases muscular flexibility and strength, but you may not know that yoga is a proven treatment for back pain, knee pain, carpal tunnel syndrome, and other chronic pain conditions. Yoga also helps to ease the stress, anxiety, and depression that can create and reinforce pain, making you feel more comfortable in both your mind and your body.

Written by a yoga instructor and former chronic pain sufferer, Yoga for Pain Relief is packed with gentle postures and practical strategies for ending pain. This complete mind-body tool kit for healing also includes deep relaxation practices drawn from the yogic tradition and psychological techniques for helping you make peace with your body and dissolve pain. As the ancient practice of yoga releases the hold that chronic pain has over your life, you will begin to feel more like yourself again.

- Sales Rank: #105913 in Books
- Brand: Brand: New Harbinger Publications
- Published on: 2009-12-02
- Original language: English
- Number of items: 1
- Dimensions: 9.75" h x 8.00" w x .50" l, .82 pounds
- Binding: Paperback
- 200 pages

Features

- Used Book in Good Condition

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By Joy

It's a great book, but don't buy the kindle version. It's hard to reference if you want to skip around.

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Looking for PHYSICAL HEALING, not acceptance and resignation.

By Barbarah

I haven't gotten all the way through this program/practice yet, but to the point I am at now, the base of pain relief is mental and emotional and what I was seeking is a physical yoga practice to reduce and HEAL the damage from where the pains originate. That is, if a tight muscle is CAUSING the bunion that hurts, I don't seek friendship and acceptance of the bunion; I seek releasing the muscle that is misaligning the bone that IS the bunion.

Perhaps the answer lies later in this process, however, I haven't arrived at that point yet--assuming that it is included.

1 of 1 people found the following review helpful.

My neurologist recommended this book to deal with my status migraine

By Michelle

My neurologist recommended this book to deal with my status migraine. I rolled my eyes when she first said it because it's like -- come on migraines are horrific isn't there a pill to take? News flash. There is no magic pill. All the medications I've been on have failed and I had to take my healing into my own hands. This book is a great resource. I've since recommended to anyone dealing with pain. It's not a book of yoga poses. It offers many methods to deal with the pain. Try them all and see what work for you. Meditation, Breathing, Restorative yoga, yoga practice -- I cannot recommend this book enough. It really changed my life.

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