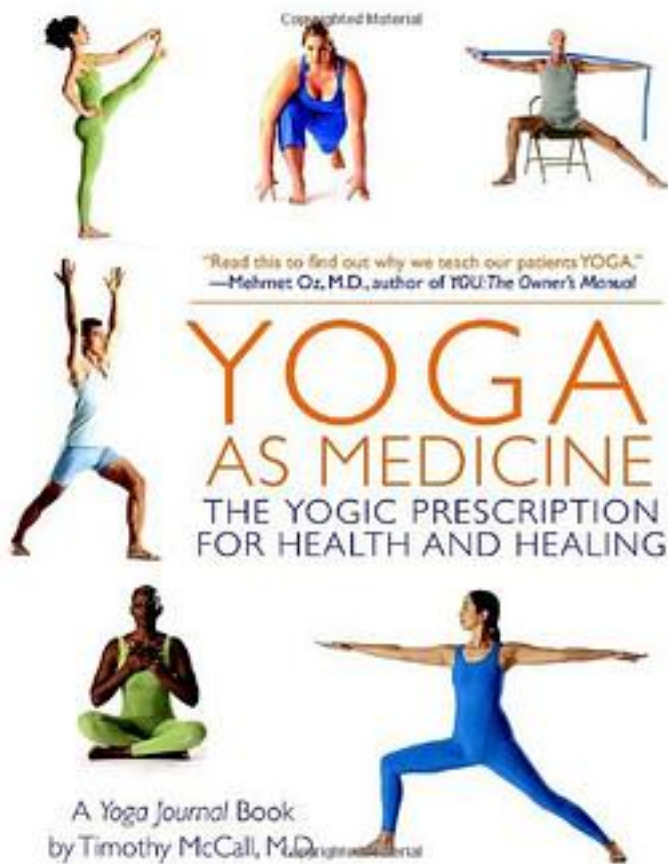


Yoga as Medicine



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著者:Yoga Journal

出版者:Bantam

出版时间:2007-7-31

装帧:Paperback

isbn:9780553384062

The definitive book of yoga therapy, this groundbreaking work comes to you from the medical editor of the country's premier yoga magazine, who is both a practicing yogi and a Western-trained physician.

Beginning with an overview of the history and science of yoga, Dr. McCall describes the many different techniques in the yoga tool kit; explains what yoga does and who can benefit from it (virtually everyone!); and provides lavishly illustrated and minutely detailed instructions on starting a yoga practice geared to your fitness level and your health status. Yoga as Medicine offers a wealth of practical information, including how to:

- Utilize yogic tools, including postures, breathing techniques, and meditation, for both prevention and healing of illness
- Master the art of becoming more in tune with your body
- Communicate more effectively with your doctor
- Adopt therapeutic yoga practices as either an alternative or a complement to surgery and to expensive, sometimes dangerous medications
- Practice safely

Find an instructor and a style of yoga that are right for you. With twenty chapters devoted to the work of individual master teachers, including such well-known figures as Patricia Walden, John Friend, and Rodney Yee, Yoga as Medicine shows how these experts have applied the wisdom of this ancient holistic practice to twenty different conditions, ranging from arthritis to chronic fatigue, depression, heart disease, HIV/AIDS, infertility, insomnia, multiple sclerosis, and obesity. Defining yoga as “a systematic technology to improve the body, understand the mind, and free the spirit,” Dr. McCall shows the way to a path that can truly alter your life.

An indispensable guide for the millions who now practice yoga or would like to begin, as well as for yoga teachers, body workers, doctors, nurses, and other health professionals.

作者介绍:

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