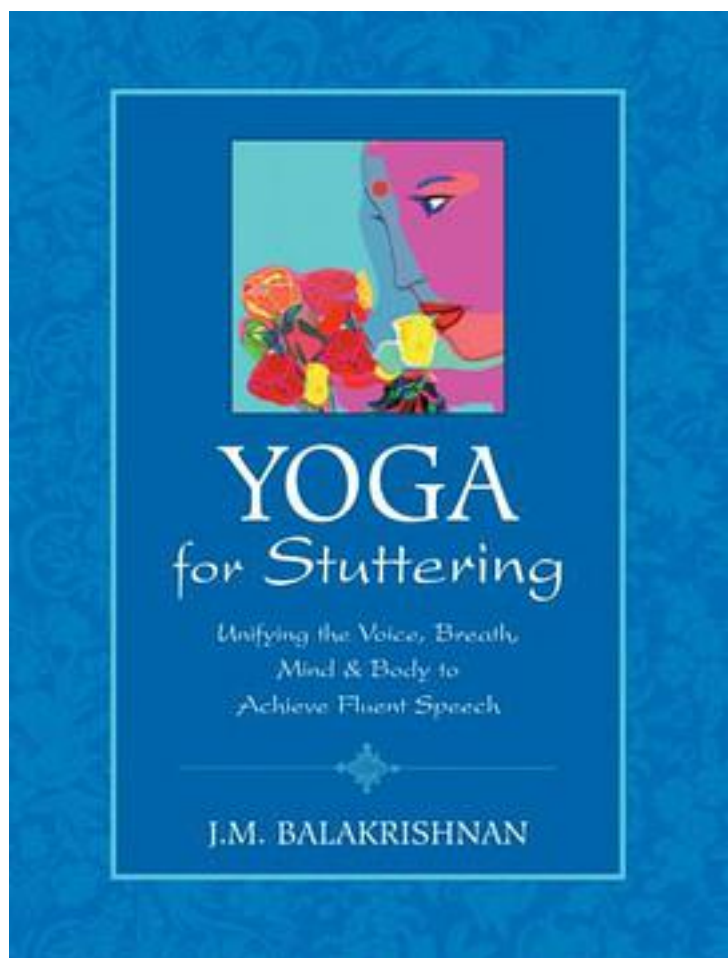


# Yoga for Stuttering



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著者:Balakrishnan, J.M.

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Stuttering, caused by a disorder in the brain's right hemisphere, can limit one's life in a variety of ways, from job choices and advancement to social and romantic opportunities. Typical remedies emphasizing antidepressants and electronic devices

have had mixed results at best.

Yoga for Stuttering takes a fresh approach based on ancient methods. Author J.M. Balakrishnan combines an understanding of the neurological aspects of stuttering with yoga methods long used in India for remediation to form a new, natural method for improving vocal fluency. The book presents three related branches of yoga and their accompanying practices, nada yoga (chanting and vocalization), hatha yoga (yoga poses), and raja yoga (guided meditations), providing the reader with sets of voice, breathing, and physical exercises to help relax the body and mind, relieve chronic tension, and achieve fluent speech. The book features photos and illustrations to make the method easy to follow, and no prior knowledge of yoga is required. Yoga for Stuttering was created to meet the needs of those who have not obtained relief through traditional methods and is aimed at both speech pathologists and individuals looking for a holistic, drug-free approach to the condition.

作者介绍:

目录:

[Yoga for Stuttering\\_ 下载链接1](#)

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评论

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