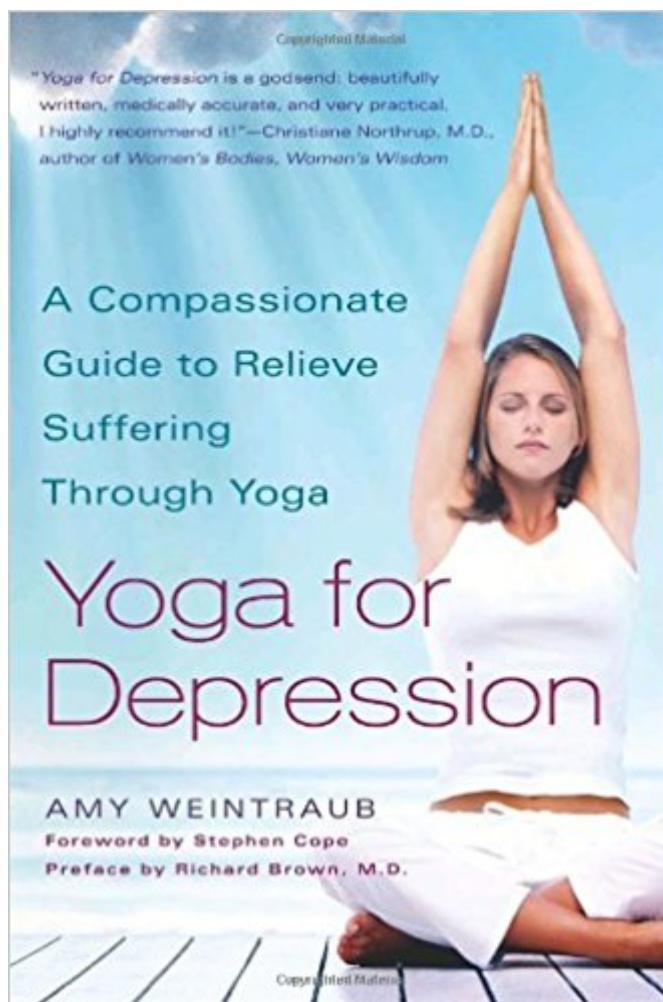


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# **Yoga For Depression: A Compassionate Guide To Relieve Suffering Through Yoga**



## Synopsis

Take the natural path to mental wellness. More than 25 million Americans are treated with antidepressants each year, at a cost in excess of \$50 billion. But the side effects of popular prescription drugs may seem nearly as depressing as the symptoms they're meant to treat. Veteran yoga instructor Amy Weintraub offers a better solution—a one that taps the scientifically proven link between yoga and emotional well-being as well as the beauty of ancient approaches to inner peace. Addressing a range of diagnoses, including dysthymia, anxiety-based depression, and bipolar disorder, *Yoga for Depression* reveals why specific postures, breathing practices, and meditation techniques can ease suffering and release life's traumas and losses. Weintraub also reflects on her own experience with severe depression, from which she recovered through immersing herself in a daily yoga routine. *Yoga for Depression* is the first yoga book devoted exclusively to the treatment of these debilitating conditions. Amy Weintraub will help readers see their suffering and themselves in a vibrant new light.

## Book Information

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## Customer Reviews

Long-time yoga teacher and writer Weintraub offers readers yoga 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 your physical body and your emotional body into balance, restoring a sense of well-being and energy." Weaving in her own triumphant story and those of her students, Weintraub seems to beg readers to give yoga a chance to relieve their suffering. She constructs a convincing, if at times plodding, case by reviewing the medical evidence,

such as the practice's impact on stress levels and the healing principles of yoga, which include developing both your energy and your self-awareness. Weintraub also discusses the roles of breathing and meditation, and, most interestingly, explains how holding certain poses can help release trauma that may be "stored" in the body. Although descriptions and pictures of specific stretches, poses and breathing exercises are scattered throughout, Weintraub encourages readers to use the book as a guide and to find a class taught by a qualified yoga instructor. Perhaps some readers will be motivated to do so because of the author's enthusiasm and well-researched material. But the New Age language—"Ishvara-pranidhana can mean that separations between you and your partner may begin to dissolve so that you experience the wholeness of sacred union with the divine through your partner"—might discourage others. Copyright 2003 Reed Business Information, Inc.

Depression has become a worldwide epidemic; in the U.S. alone more than 17 million Americans are diagnosed with clinical depression each year. Weintraub makes a viable case for incorporating yoga in the treatment of depression. A writer and yoga teacher, she suffered from debilitating chronic depression and spent many years on antidepressant medications. Through yoga, Weintraub was able to gradually go off medication, and she has been free of a recurrence of depression for more than 15 years. Through her own story and the stories of others, she defines and describes various types of depression, anxiety, and other emotional disorders, and offers yoga techniques for their treatment. Beyond anecdotal evidence, Weintraub presents summaries of several scientific studies that show that various yoga techniques have measurable effects on relieving depression for people all over the world. Jane TumaCopyright © American Library Association. All rights reserved

I FOUND THIS MOST HELPFUL IN NOT ONLY GETTING A MENTAL HANDLE ON DEPRESSION, BUT ON YOGA TECHNIQUE TO WORK WITH IN OVERCOMING IT.

Good reference book for yoga instructors or those who are depressed.

This book is a fantastic contribution to the wholistic healing movement. It is well researched and well-written. Amy Weintraub explains the condition of depression from an Eastern standpoint very well. Then she gives solutions to help relieve depression and explains them with ease. Her solution is obviously yoga. A little bit of daily discipline is all that is required. I am looking forward to a better and healthier way of thinking. Thank you Amy.

I didn't think that the things this book teaches you could actually work. Well they do! With the help of this book I can catch myself and prevent a panic attack from happening and its so easy. I highly recommend this book. The author makes you feel so comfortable with yourself and helps you really connect on a universal level to find peace within yourself!

great book. I used this book as i taught a depression class. It was very informative.

**Yoga for Depression:** This book has opened my eyes to more than I ever expected. I am now practicing and continuing to study it.

A great way to deal with depression and improve one's health. Author is highly respected in her field. Good work.

This is an honest book, and I wish everyone would read it. The wisdom in it contained helps in many areas of life in addition to managing depression.

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