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Meditations for Addictive Behavior - A System of Yogic Science with Nutritional Formulas

By Mukta Kaur Khalsa Ph.D



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Learn the Super Health way from Recovery to Self Discovery with specific meditations and nutritional formulas for behavioral addictions and lifestyle changes.

Meditations for Addictive Behavior is a system of yogic science to inspire and uplift the human spirit. These simple techniques will help break habits, tendencies and addictions. It contains 12 specific meditations with delicious nutritional formulas and inspirational quotes. It is effective with today's behaviors linked to smoking, food, alcohol, drugs, co-dependency, stress, anxiety, depression and many others. This technology provides the psychological edge necessary to remain calm and non-reactive under challenging situations and protect oneself from the pressures of society. It is our belief that the human potential of each individual is unlimited.

These meditations create a relationship with one's higher consciousness and instill the dignity of self-autonomy. Healthcare professionals, people in recovery, yoga practitioners and individuals looking for a self-exalted experience will find this book an inspiring introduction to life-changing habits.



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Editorial Review

Review

This 75 page savior is definite proof that big surprises can come from little packages. Though short on words, this amazingly spiritual read is full of love, light, beautiful pictures, and some of the most helpful yoga poses and beneficial exercises I have ever seen. The layout is perfect, the author in her infinite wisdom kept it simple and easy to follow. The whole experience just flowed.

I just fell so in love with the enlightened energy in this book. The pictures were so breathtaking and peaceful and I enjoyed how they showed each posture so I could follow along. There were even types of food and prayer designed to help us move past our addictive obsessions and embrace life in a positive and blessed way. This small wonder has made it clearly and easily into my spiritual tool box and I would recommend it to anyone looking for glorious ways to hope and health. Thanks Mukta, for sharing your wise and compassionate self with the rest of us. --Riki Frahmman @ rikifrahmann.com

About the Author

Mukta Kaur Khalsa, Ph.D., Director of Super Health, personally studied the teachings for addictive behaviors with Yogi Bhajan beginning in 1973. She directed a specialized rehabilitation hospital in Tucson, AZ, which was rated in the top 10% of all residential programs in the US by the Joint Commission on Accreditation of Healthcare Organizations. Mukta directed a pilot program in collaboration with the Punjab government in India and is co-author of a recently published research manuscript on the results of the India program. Mukta is the Special Representative to the Office of Drug Control and Crime, Vienna, Austria for the 3HO Foundation and she conducts training workshops on SuperHealth technology for healthcare professionals, yoga teachers and students, and people seeking a new and healthy lifestyle. Mukta lives in Espanola, New Mexico.

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The book Meditations for Addictive Behavior - A System of Yogic Science with Nutritional Formulas has a

lot associated with on it. So when you make sure to read this book you can get a lot of gain. The book was written by the very famous author. The author makes some research previous to write this book. This book very easy to read you can obtain the point easily after perusing this book.

Clarence Bowen:

This Meditations for Addictive Behavior - A System of Yogic Science with Nutritional Formulas is great guide for you because the content which is full of information for you who always deal with world and possess to make decision every minute. This particular book reveal it data accurately using great coordinate word or we can point out no rambling sentences inside. So if you are read that hurriedly you can have whole info in it. Doesn't mean it only provides straight forward sentences but hard core information with lovely delivering sentences. Having Meditations for Addictive Behavior - A System of Yogic Science with Nutritional Formulas in your hand like getting the world in your arm, facts in it is not ridiculous 1. We can say that no book that offer you world with ten or fifteen moment right but this reserve already do that. So , this is good reading book. Heya Mr. and Mrs. stressful do you still doubt that will?

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