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Yoga for Depression: A Compassionate Guide to Relieve Suffering Through Yoga

By Amy Weintraub



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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—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.



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Editorial Review

From Publishers Weekly

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.

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From [Booklist](#)

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 Tuma*

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Review

"*Yoga for Depression* is a godsend: beautifully written, medically accurate, and very practical. I highly recommend it!"

--Christiane Northrup, M.D., author of *Women's Bodies*, *Women's Wisdom* and *The Wisdom of Menopause*

"This is a book about integrating the mind and the body, about using movement to mend oneself; in a world obsessed with psychopharmacology, reading it was a refreshing reminder that, in some cases, the tools we have to cure depression reside not in a pill, but in our own bodies, if we are willing to try."

--Lauren Slater, author of *Prozac Diary* and *Lying: A Metaphorical Memoir*

"...A sensitive, intelligent, painstaking exploration of the deeper psychospiritual issues that make up the complex experience of depression. That in itself would be a significant contribution, but *Yoga for Depression* also offers a brilliant illumination of how the ancient wisdom of the yogic tradition can penetrate the often intractable challenges of depression....

--Phil Catalfo, *Yoga Journal*, January/February 2004

"In the compassionate voice of someone who definitely knows the territory of depression, Amy Weintraub presents Yoga science and personal stories, research results and poetry, and practice instructions that are genuinely interesting in this very readable book that is both comprehensive and totally inspiring."

--Sylvia Boorstein, author of *That's Funny You Don't Look Like a Buddhist* and *It's Easier Than You Think: The Buddhist Way to Happiness*

"Amy Weintraub's work is some of the most important in our world today for helping humanity understand more deeply the significance of the mind-body connection. Her insights are inspirational for yoga teachers and all readers. Her in-depth understanding of her subject is an important basis for personal, as well as societal transformation."

--Rama Jyoti Vernon, Founder, American Yoga College

"This is truly a beautifully written encyclopedia of yoga for depression. It is rare to find such a generous soul, willing to embrace all approaches to yoga, unbiased and yet having intelligent discernment and advice for those searching for help. Amy offers many guidelines and solutions through yoga, to both those who suffer from depression and to yoga teachers working with them."

--Angela Farmer, internationally-known master yoga teacher

Users Review

From reader reviews:

Sylvia Silva:

Do you have favorite book? In case you have, what is your favorite's book? Reserve is very important thing for us to understand everything in the world. Each publication has different aim or perhaps goal; it means that e-book has different type. Some people sense enjoy to spend their time to read a book. They are reading whatever they have because their hobby is usually reading a book. Why not the person who don't like looking at a book? Sometime, man or woman feel need book once they found difficult problem or maybe exercise. Well, probably you will want this *Yoga for Depression: A Compassionate Guide to Relieve Suffering Through Yoga*.

Anne Hernandez:

Have you spare time to get a day? What do you do when you have far more or little spare time? Sure, you can choose the suitable activity regarding spend your time. Any person spent all their spare time to take a go walking, shopping, or went to the Mall. How about open or even read a book titled *Yoga for Depression: A Compassionate Guide to Relieve Suffering Through Yoga*? Maybe it is being best activity for you. You know beside you can spend your time using your favorite's book, you can more intelligent than before. Do you agree with their opinion or you have additional opinion?

Bonnie Thorp:

This *Yoga for Depression: A Compassionate Guide to Relieve Suffering Through Yoga* are reliable for you who want to be considered a successful person, why. The main reason of this *Yoga for Depression: A*

Compassionate Guide to Relieve Suffering Through Yoga can be on the list of great books you must have will be giving you more than just simple reading food but feed you with information that probably will shock your before knowledge. This book is usually handy, you can bring it everywhere you go and whenever your conditions both in e-book and printed kinds. Beside that this Yoga for Depression: A Compassionate Guide to Relieve Suffering Through Yoga giving you an enormous of experience for instance rich vocabulary, giving you trial of critical thinking that we realize it useful in your day exercise. So , let's have it appreciate reading.

Dennis Sellers:

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