



# Yoga Therapy for Stress and Anxiety: Create a Personalized Holistic Plan to Balance Your Life

*Robert Butera Butera, Erin Byron Byron, Staffan Elgelid Elgelid*

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Create a personalized path to healing with this step-by-step guide to holistic change. Comprehensive and accessible no matter your skill level, *Yoga Therapy for Stress and Anxiety* helps you understand what creates a stress-filled life so that you may choose a life of ease instead. Through yoga practice and the lesser-known lifestyle aspects of yoga, you will be able to face all situations from the calm perspective of the higher self.

Incorporating exercises, breathing techniques, meditation, and many other tools, this guide provides effective methods for repairing areas of imbalance and identifying your needs. Learn about the five yogic paths of psychology, intellect, health, work, and relationships. Apply a variety of yoga postures for relaxation, improved attitude and sleep, self-acceptance, and more. With the transformative power of a whole-lifestyle approach, you will achieve wellness in your mind, body, and soul.

## **Praise:**

“A comprehensive and extremely accessible guide for modern health. Grounded in the ancient practices, the three authors weave modern understanding into practical tools that will serve all of us far into the future.”?Matthew J. Taylor, PT, PhD, past president of the International Association of Yoga Therapists and author of *Fostering Creativity in Rehabilitation*

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