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Altri autori (Persone)	SimpkinsC. Alexander
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Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Machine generated contents note: Introduction. -- Part I: Efficacy and Neuroscience Research. -- Chapter 1: Efficacy Studies. -- Chapter 2: Neuroscience Findings. -- Part II: What is Yoga? -- Chapter 3: Yoga Traditions. -- Chapter 4: Philosophical Principles. -- Chapter 5: Practices: Breathing and Meditation. -- Part III: Applications. -- Chapter 6: Stress. -- Chapter 7. Anxiety, PTSD, & OCD. -- Chapter 8. Depression. -- Chapter 9. Addiction and Impulse Control. -- Chapter 10. Children. -- Chapter 11. Aging and Memory. -- Chapter 12. Healthy Living. -- Conclusions. -- Bibliography.
Sommario/riassunto	"Consistent with the positive psychology movement, meditative yoga practice puts people on a positive path to actualize change. This timely and unique book provides practical tools for integrating meditation techniques from yoga into traditional treatment plans. Its in-depth coverage not only teaches therapists what to do, but also how, when, and why to use particular techniques. A variety of presenting problems are addressed, including stress management, addictions, anxiety

disorders, and attention and learning problems. Clinicians are equipped with step-by-step guidance in the therapeutic use of yoga practices to improve their clients' mental health"--

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