

Alex Der Yogi Krankheit

Adolph Russell

Wöchentliches Verzeichnis der erschienenen und der vorbereiteten Neuigkeiten des deutschen Buchhandels
,1913

Allerlei aus volks- und menschenkunde Adolf Bastian,1888

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Buch- und kunst-katalog Adolph Russell,1881

Index translationum 34 Unesco,1986

Yoga & Mindfulness Therapy Workbook for Clinicians and Clients Alex Simpkins,Annellen Simpkins,2014-04-01

Bringing together philosophy and science with hands-on exercises, journaling, and charts, this practical workbook by psychologists and best-selling authors C. Alexander Simpkins, Ph.D., and Annellen M. Simpkins, Ph.D., is organized to include: The tools to get you started: preliminaries, quick tips, neuroscience and efficacy research Clear instructions to guide you in the practices of yoga and mindfulness Application of the practice to anxiety, stress, depression, trauma and substance abuse An appendix created especially for the clinician answers questions about how and when to introduce the techniques, ways to adapt to your office, and special ways to address children and seniors “The Simpkins have unified three areas that have rarely, if ever, been pulled together: yoga (not just the body moves, but the deeper psychological, emotional and spiritual aspects as well), mindfulness practices and therapeutic methods...filled with exercises, tips and inspiring stories.” - Bill O’Hanlon, featured Oprah guest and author of Out of the Blue: Six Non-Medication Ways to Relieve Depression

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