



## The Healing Power of Yoga: For Health, Well-Being and Inner Peace

By Julie Friedeberger

Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India, 2014. Softcover. Book Condition: New. Fifth Reprint. This is a book about yoga, a holistic system for creating and sustaining balance and harmony on all the levels of our being: body, mind, emotions and spirit. It`s about yoga`s boundless potential for healing, for bringing about beneficial change on all these levels. I've called it The Healing Power of Yoga because throughout my life yoga has proved its transformative healing power, most profoundly in 1993, when I had breast cancer. That experience left me with a deeper trust in the power of yoga to help us to face our challenges, and to heal ourselves. The book draws on my experience of yoga, and on my work with others who are dealing with life-changing illness, to explore how the yoga practices of body movement, breathing, relaxation and meditation contribute to healing. The simple yet powerful techniques I describe can be practised by everyone, for inner strength and inner peace. Printed Pages: 148.



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