



Yoga to Ease Anxiety: Practices and Perspectives to Help You Enjoy Life Again

Amy Vaughn

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Tired of being anxious? This little book is a practical guide to changing the habits of thought and action that can keep us from fully enjoying life. It offers simple and effective relaxation and meditation techniques. And the wisdom from the yoga tradition provides a timeless perspective. Yoga teacher and mentor Amy Vaughn writes with compassion and humor, framing the book in her own experiences with a severe anxiety disorder.

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