

Richard Hittleman Introduction To Yoga

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Talking Book Topics
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millions of americans know of the extraordinary benefits of yoga physically mentally and spiritually but many have been discouraged from trying yoga because they believe that years of devotion and arduous exercising are required now here is yoga simplified mr hittleman s is a progressive concept of instruction that lets you begin with the elementary positions and gradually advances you at your own pace you will discover remarkable new strength and energy within you your mind and your body will experience the joy that is life at its best day by day you will find yourself growing slimmer stronger more graceful physical discomforts will vanish peace of mind will replace anxiety you will look act and feel more truly alive richard hittleman author lecturer and television instructor has introduced the practice of yoga to more american s than any other living authority this book is the second of his yoga masterwork series

the psychotherapist author argues that stress has become a dangerous and widespread influence in modern society traces the mental events that lead to stress analyzes its emotional and physical impact and presents a stress control program

in this book the author through his own experiences playing the piano aims to understand what exactly causes humans to feel nervous before public performances

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