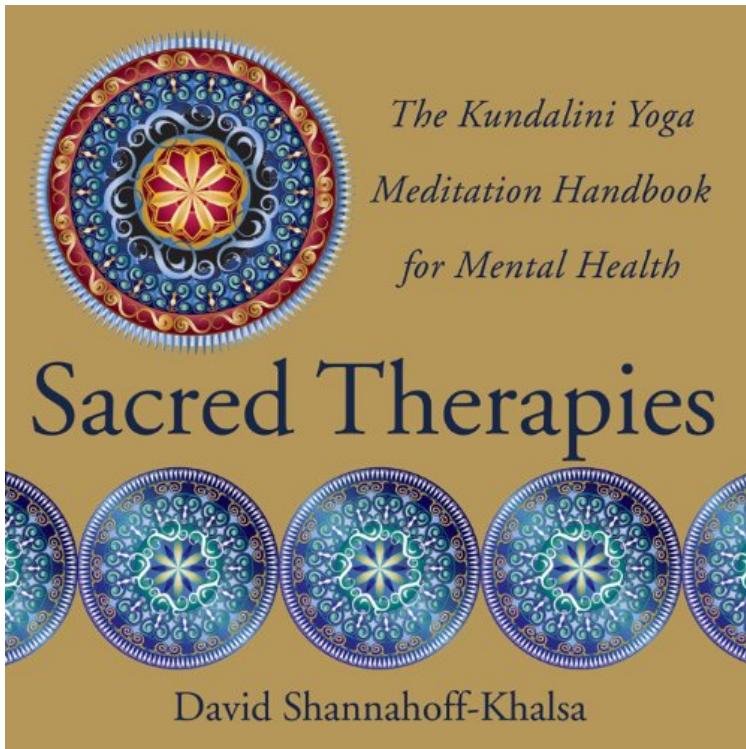


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# Sacred Therapies: The Kundalini Yoga Meditation Handbook for Mental Health



*Par David Shannahoff-Khalsa*  
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**Par David Shannahoff-Khalsa : Sacred Therapies: The Kundalini Yoga Meditation Handbook for Mental Health** before purchasing it in order to gage whether or not it would be worth my time, and all praised Sacred Therapies: The Kundalini Yoga Meditation Handbook for Mental Health:

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## Description :

Prsentation de l'diteurA simplified version, for consumers, of yoga protocols for optimal mental health. This comprehensive, user-friendly handbook offers readers an innovative clinical approach using 100 different Kundalini yoga techniques in select disorder-specific protocols for treating all of the major and common psychiatric disorders. Readers will gain insight into their own symptoms by reading the official American Psychiatric Associations Diagnostic and Statistical Manual definitions along with the associated disorders and features, and learn the step-by-step strategies essential for self-healing and relief. Seventy black-and-white illustrations are included. Topics covered: Generalized Anxiety Disorder Obsessive Compulsive Disorder Body Dysmorphic Disorder Trichotillomania Phobias Panic Disorders Acute Stress Disorder PTSD The Abused and Battered Psyche Depression Grief The Bipolar Disorders The Addictive, Impulse Control, and Eating Disorders Insomnia and other Sleep Disorders Chronic Fatigue Syndrome ADHD and Co-morbid Disorders (Oppositional Defiant Disorder and Conduct Disorder) Dyslexia and Other Learning Disorders Schizophrenia and the Variants of the Psychoses The Personality Disorders (Paranoid, Schizoid, Schizotypal, Antisocial, Borderline, Histrionic, Narcissistic, Avoidant, Dependent, and Obsessive Compulsive Personality Disorder) Autism and Aspergers Disorder

Revue de presse In this new book, David Shannahoff-Khalsa brings together his 20+ years of experience using Kundalini yoga meditation to understand and treat psychiatric disorders. Having worked with David on the design of a new study in adults with OCD, I can attest to the seriousness of his scholarship. And having been a lifelong meditator in another

Asian meditation tradition, I can also attest to the enormous wisdom and practical value embedded in this work. In fact, David's careful translation of Kundalini practices for Western audiences is a model of both academic rigor and a testimony to his great compassion for those afflicted with mental illness. I highly recommend this book for anyone interested in applying Kundalini yoga in a psychiatric context. --John S. March, MD, MPH, Director, Division of Neurosciences Medicine, Duke Clinical Research Institute, and Professor of Psychiatry and Psychology, Duke University Medical School

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