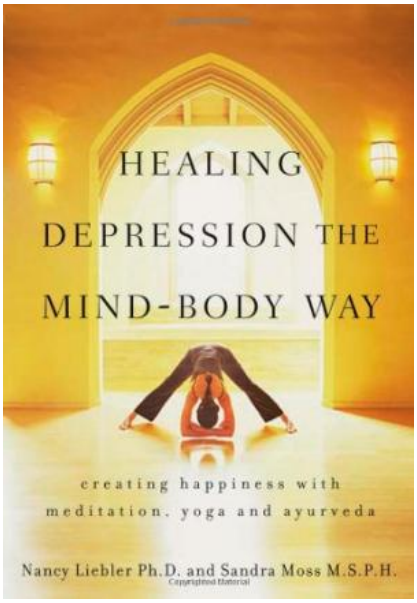


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Healing Depression the Mind-body Way: Creating Happiness with Meditation, Yoga, and Ayurveda

By Nancy Liebler, Sandra Moss

John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, Healing Depression the Mind-body Way: Creating Happiness with Meditation, Yoga, and Ayurveda, Nancy Liebler, Sandra Moss, Ayurveda is the world's oldest system of natural medicine, originating in India thousands of years ago. Yoga, now practiced by tens of millions of Americans, is derived from it. This unique book reveals the ancient yet ultramodern Ayurvedic perspective on depression. Filled with time-tested techniques to untangle the root of depression, it offers a holistic approach that includes wisdom on yoga, breathing techniques, meditation, nutrition, exercise, lifestyle, and spirituality. Nancy Liebler, PhD (Bloomfield Hills, MI), is a clinical psychologist, professor, and lecturer. Liebler is on the board of the David Lynch Foundation and has spearheaded conferences for Stress-Free Schools. Sandra Moss, MSPH (Ann Arbor, MI), is an Ayurvedic practitioner in private practice. An active researcher and writer, Moss lectures and consults throughout the country.

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Reviews

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