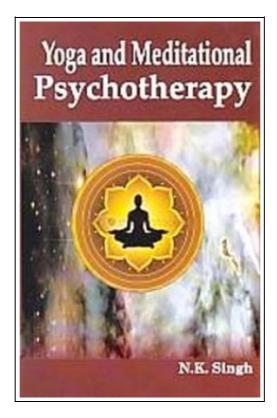
Yoga and Meditational Psychotherapy



Filesize: 3.21 MB

Reviews

This composed book is fantastic. it absolutely was writtern quite properly and helpful. I am very happy to explain how this is the very best ebook i actually have read during my own existence and may be he best pdf for actually.

(Prof. Elody D'Amore)

YOGA AND MEDITATIONAL PSYCHOTHERAPY



Global Vision Publishing House, New Delhi, India, 2012. Hardcover. Book Condition: New. Dust Jacket Condition: New. The combination of yoga and meditation is a wonderful way to connect with the divine on all levels of human existence. The present book Yoga and Meditational Psychotherapy is a compilation of twenty one important research papers contributed by eminent scholars. This book is divided into three parts. First part deals with psycho-physiological parameters of yoga therapy. Second part emphasises promotion, practice and research of yoga and health and third part explains meditation psychotherapy and psychological wellbeing. I hope, this book will be one of the monumental works in theory, research and practices in yoga and meditation psychotherapy. Contents Preface (v) About the Contributors (vii) 1. Introduction 1 Part?! Yoga Psychotherapy: Psychophysiological Parameters 2. Yoga Psychotherapy Around the World 13 Ganesh Shankar 3. Effect of Yoga Practice on Personality, Emotional and Behavioural Problems 25 D.V. Venu Gopal, B.S.S. Mandal and K. Parimala 4. Effect of Yogic Practices on Psychological and Physiological Parameters 35 Awadhesh Upadhyay and M.G. Sharma 5. Effect of Emotional and Spiritual Intelligence on Psychological Well-being in Long Term Yoga Practitioners 43 Uma Mittal and Safia Akhtar 6. Efficacy of Yoga Therapy for the Management of Anxiety, Stress, Negative Mood Regulation and Self-Esteem of Female Adolescents 63 Anup Sud, Rita Bhalla and Zinnia Sethi 7. Impact of Yogasana on the Mentally Challenged 81 Sunita Malhotra, D.K. Diwan and Mukesh Kumar 8. Psycho-physiological Responsiveness to Meditation in HIV Positive Patients 93 Sunita Gupta and Meenakshi Sharma 9. Effect of Yogic Package on the Patients of Diabetes Mellitus 103 Charu Sharma 10. Yoga and Psychophysiological Disorders 113 S.K. Srivastava and Sweta Maheshwari 11. Reducing Anxiety through Yogic Practices 125 Bishamber Singh and Surendra Kumar Sia 12. The Samkhya, Yogic and Gita Models of Stress...



Read Yoga and Meditational Psychotherapy Online



Related PDFs



Super Easy Storytelling The fast, simple way to tell fun stories with children

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 24 pages. Dimensions: 9.9in. x 8.0in. x 0.2in.Instantly start telling stories with kids. Great for spontaneous storytelling or for creative...

Save ePub »



A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half

Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****. The ultimate learn-by-doing approach Written for beginners, useful for experienced developers who want to...

Save ePub »



A Smarter Way to Learn Jquery: Learn It Faster. Remember It Longer.

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand ******. Youre going to get the hang of jQuery in less...

Save ePub »



Klara the Cow Who Knows How to Bow (Fun Rhyming Picture Book/Bedtime Story with Farm Animals about Friendships, Being Special and Loved. Ages 2-8) (Friendship Series Book 1)

Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. Klara is a little different from the other...

Save ePub »



Depression: Cognitive Behaviour Therapy with Children and Young People

Taylor Francis Ltd, United Kingdom, 2009. Paperback. Book Condition: New. 242 x 174 mm. Language: English . Brand New Book. In recent years there has been an increase in research into childhood depression, and it...

Save ePub »



Music for Children with Hearing Loss: A Resource for Parents and Teachers

Oxford University Press Inc, United States, 2014. Paperback. Book Condition: New. 228 x 156 mm. Language: English . Brand New Book. Written by an expert in the field who is both a teacher and a

Read Document »



Slavonic Rhapsody in D Major, B.86.1: Study Score

Petrucci Library Press, United States, 2015. Paperback. Book Condition: New. 297 x 210 mm. Language: English . Brand New Book $\hbox{****** Print on Demand ******. The first of the three Slovanske rapsodie was composed from February and the state of the$

Read Document »



Peppa Pig: Nature Trail - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Peppa Pig: Nature Trail - Read it Yourself with Ladybird: Level 2, Peppa Pig and her family are enjoying a nature walk when they get lost.

Read Document »



Chicken Licken - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. In this classic fairy tale, a nut falls on Chicken Lickens head and he

Read Document »



Coping with Chloe

Phoenix Yard Books. Paperback. Book Condition: new. BRAND NEW, Coping with Chloe, Rosalie Warren, Anna and Chloe are twins. They share everything. Even Chloe's terrible accident hasn't split them apart. But Anna is beginning to