



# Yoga for Anxiety: Meditations and Practices for Calming the Body and Mind

*Mary NurrieStearns, Rick NurrieStearns*

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Many of us face daily demands and overwhelming difficulties that cause seemingly uncontrollable feelings of anxiety and fear. When you feel this way, it's healing to calm yourself and to reclaim your sense of innate goodness and well-being. For centuries, yoga has offered a quiet retreat away from life's pressures and has enabled us to reconnect to our inner wisdom and peace.

Regular yoga practice has been proven to calm stress, enhance concentration, and reduce the symptoms of anxiety. This book offers meditations, mindfulness practices, self-inquiry exercises, and yoga poses that soothe anxious feelings and develop mental clarity. Before long, you'll free yourself from the anxiety and fears that hold you back and learn to live with a more open heart and resilient mind. Just as yoga helps you feel more at home in your body, the mental and physical practices in **Yoga for Anxiety** help you increase your sense of contentment in life.

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