

Yoga for Depression: A Compassionate Guide to Relieve Suffering Through Yoga

By Amy Weintraub

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Take the natural path to mental wellness

More than 25 million Americans are treated with antidepressants each year, at a cost in excess of $50 billion. But the side effects of popular prescription drugs may seem nearly as depressing as the symptoms they're meant to treat. Veteran yoga instructor Amy Weintraub offers a better solution—one that taps the scientifically proven link between yoga and emotional well-being as well as the beauty of ancient approaches to inner peace.

Addressing a range of diagnoses, including dysthymia, anxiety-based depression, and bipolar disorder, *Yoga for Depression* reveals why specific postures, breathing practices, and meditation techniques can ease suffering and release life's traumas and losses. Weintraub also reflects on her own experience with severe depression, from which she recovered through immersing herself in a daily yoga routine.
Yoga for Depression is the first yoga book devoted exclusively to the treatment of these debilitating conditions. Amy Weintraub will help readers see their suffering and themselves in a vibrant new light.

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Editorial Review

From Publishers Weekly
Long-time yoga teacher and writer Weintraub offers readers yoga as an alternative to antidepressants, which, she explains, treat the symptoms of the problem but not the whole person. By contrast, "a daily practice of yoga will bring your physical body and your emotional body into balance, restoring a sense of well-being and energy." Weaving in her own triumphant story and those of her students, Weintraub seems to beg readers to give yoga a chance to relieve their suffering. She constructs a convincing, if at times plodding, case by reviewing the medical evidence, such as the practice's impact on stress levels and the healing principles of yoga, which include developing both your energy and your self-awareness. Weintraub also discusses the roles of breathing and meditation, and, most interestingly, explains how holding certain poses can help release trauma that may be "stored" in the body. Although descriptions and pictures of specific stretches, poses and breathing exercises are scattered throughout, Weintraub encourages readers to use the book as a guide and to find a class taught by a qualified yoga instructor. Perhaps some readers will be motivated to do so because of the author's enthusiasm and well-researched material. But the New Age language-"Ishvara-pranidhana can mean that separations between you and your partner may begin to dissolve so that you experience the wholeness of sacred union with the divine through your partner"-might discourage others.
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From Booklist
Depression has become a worldwide epidemic; in the U.S. alone more than 17 million Americans are diagnosed with clinical depression each year. Weintraub makes a viable case for incorporating yoga in the treatment of depression. A writer and yoga teacher, she suffered from debilitating chronic depression and spent many years on antidepressant medications. Through yoga, Weintraub was able to gradually go off medication, and she has been free of a recurrence of depression for more than 15 years. Through her own story and the stories of others, she defines and describes various types of depression, anxiety, and other emotional disorders, and offers yoga techniques for their treatment. Beyond anecdotal evidence, Weintraub presents summaries of several scientific studies that show that various yoga techniques have measurable effects on relieving depression for people all over the world. *Jane Tuma*
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Review
“*Yoga for Depression* is a godsend: beautifully written, medically accurate, and very practical. I highly recommend it!”
--Christiane Northrup, M.D., author of *Women’s Bodies, Women’s Wisdom* and *The Wisdom of Menopause*

“This is a book about integrating the mind and the body, about using movement to mend oneself; in a world obsessed with psychopharmacology, reading it was a refreshing reminder that, in some cases, the tools we have to cure depression reside not in a pill, but in our own bodies, if we are willing to try.”
--Lauren Slater, author of *Prozac Diary* and *Lying: A Metaphorical Memoir*

“…A sensitive, intelligent, painstaking exploration of the deeper psychospiritual issues that make up the complex experience of depression. That in itself would be a significant contribution, but *Yoga for Depression* also offers a brilliant illumination of how the ancient wisdom of the yogic tradition can penetrate the often intractable challenges of depression….

--Phil Catalfo, *Yoga Journal*, January/February 2004

“In the compassionate voice of someone who definitely knows the territory of depression, Amy Weintraub presents Yoga science and personal stories, research results and poetry, and practice instructions that are genuinely interesting in this very readable book that is both comprehensive and totally inspiring.”
--Sylvia Boorstein, author of *That’s Funny You Don’t Look Like a Buddhist* and *It’s Easier Than You Think: The Buddhist Way to Happiness*

"Amy Weintraub's work is some of the most important in our world today for helping humanity understand more deeply the significance of the mind-body connection. Her insights are inspirational for yoga teachers and all readers. Her in-depth understanding of her subject is an important basis for personal, as well as societal transformation."
--Rama Jyoti Vernon, Founder, American Yoga College

“This is truly a beautifully written encyclopedia of yoga for depression. It is rare to find such a generous soul, willing to embrace all approaches to yoga, unbiased and yet having intelligent discernment and advice for those searching for help. Amy offers many guidelines and solutions through yoga, to both those who suffer from depression and to yoga teachers working with them.”
--Angela Farmer, internationally-known master yoga teacher

Users Review

From reader reviews:

Detra Satterwhite:

Have you spare time to get a day? What do you do when you have considerably more or little spare time? Sure, you can choose the suitable activity regarding spend your time. Any person spent their spare time to take a wander, shopping, or went to the Mall. How about open or read a book eligible Yoga for Depression: A Compassionate Guide to Relieve Suffering Through Yoga? Maybe it is being best activity for you. You realize beside you can spend your time along with your favorite's book, you can better than before. Do you agree with their opinion or you have additional opinion?

Carole Clark:

Nowadays reading books become more and more than want or need but also be a life style. This reading routine give you lot of advantages. The huge benefits you got of course the knowledge the actual information inside the book in which improve your knowledge and information. The information you get based on what kind of e-book you read, if you want drive more knowledge just go with education and learning books but if you want truly feel happy read one with theme for entertaining including comic or novel. The particular Yoga for Depression: A Compassionate Guide to Relieve Suffering Through Yoga is kind of publication which is giving the reader unstable experience.

Vincent Cartagena:

Reading a publication tends to be new life style in this era globalization. With reading through you can get a lot of information that will give you benefit in your life. With book everyone in this world can share their

idea. Ebooks can also inspire a lot of people. Many author can inspire their very own reader with their story as well as their experience. Not only the storyline that share in the guides. But also they write about the information about something that you need example. How to get the good score toefl, or how to teach your kids, there are many kinds of book that exist now. The authors on this planet always try to improve their expertise in writing, they also doing some investigation before they write to the book. One of them is this Yoga for Depression: A Compassionate Guide to Relieve Suffering Through Yoga.

Paul Simpson:

The particular book Yoga for Depression: A Compassionate Guide to Relieve Suffering Through Yoga has a lot info on it. So when you read this book you can get a lot of gain. The book was written by the very famous author. The writer makes some research ahead of write this book. This book very easy to read you can obtain the point easily after reading this article book.

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