



Sacred Therapies: The Kundalini Yoga Meditation Handbook for Mental Health

David Shannahoff-Khalsa

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A simplified version, for consumers, of yoga protocols for optimal mental health.

This convenient handbook offers readers an innovative clinical approach using 100 different Kundalini Yoga meditation techniques that are specific for various psychiatric disorders that include Anxiety and Generalized Anxiety Disorder, Obsessive Compulsive Disorder and Obsessive Compulsive Spectrum Disorders, Phobias, Panic Attacks and Panic Disorders, Acute Stress Disorder, Post Traumatic Stress Disorder, the Abused and Battered Psyche, Major Depressive Disorders, 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), and Autism and Asperger's Disorder.

Readers will not only gain insight into their own symptoms by reading the official definitions and criteria used by the American Psychiatric Association's Diagnostic and Statistical Manual, they will also gather the detailed strategies essential for self-healing and relief that are specific for each disorder. 70 black-and-white illustrations

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