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## Kundalini Yoga Meditation: Techniques Specific for Psychiatric Disorders, Couples Therapy, and Personal Growth

By David Shannahoff-Khalsa

W. W. Norton & Company. Hardcover. Condition: New. 404 pages. For several decades, yoga has been a popular mainstream approach to health conscious living, and is used by those with medical disorders. Now, following a bevy of recent research studies, yoga has exploded onto the mental health scene, and clinicians and patients alike are embracing the use of yoga to effectively help combat psychiatric disorders. In Kundalini Yoga Meditation, Shannahoff-Khalsa researcher, Kundalini yoga teacher for over 30 years, and worldwide authority in the field of alternative therapies for psychiatric disorders weaves scientific insights, clinical trials, case histories, and disorder-specific techniques to explain how the ancient science of Kundalini yoga can be a useful stand-alone or supplemental treatment for psychiatric disorders. Written for all those in the mental health profession, the book begins by laying out a number of landmark scientific studies based on Kundalini yoga, all of which have led to a new understanding of mind-body dynamics, physiological states, and ways of noninvasively altering the brain and body. Included are novel yogic concepts on rhythms of the brain, personality structure, models for the mind and consciousness, and other fundamentals to enhance our understanding of health and disease processes. With this scientific overview...



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