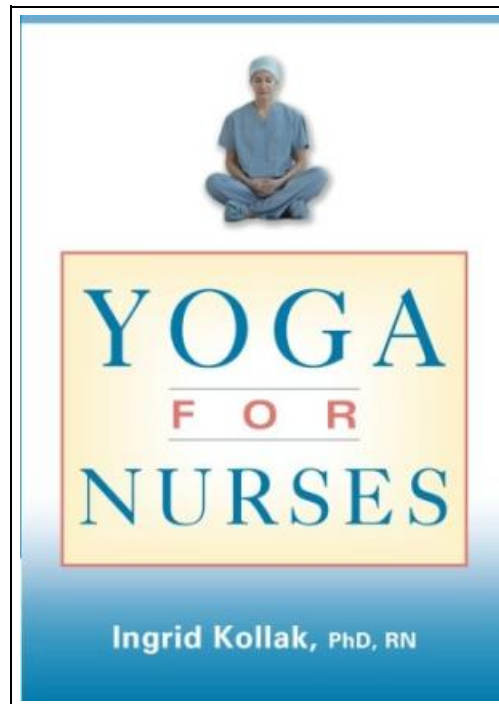


Yoga for Nurses



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Reviews

A very wonderful pdf with perfect and lucid explanations. This can be for those who statte that there had not been a worth reading. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Mr. Stone Kunze)

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Springer Publishing Company. Paperback. Condition: New. 216 pages. Dimensions: 9.9in. x 7.0in. x 0.7in. Yoga for Nurses provides the means for nurses to support and enhance our ability to care for ourselves. It gives nurses information and strategies to deal with the physical and mental imperatives found in our daily work life. --Jill Howie Esquivel, RN, PhD University of California, San Francisco (From the Foreword) The first yoga instruction book directed specifically toward nurses. . . . Dr. Kollak. . . has written a book that assists nurses in taking time to care for themselves. The content in this book could be easily incorporated into a nursing inservice program as a means to prevent on-the-job, stress-related injuries. --Cindy Ann Howell, RN, MS, CNOR, CMLSO University of Texas, MD Anderson Cancer Center Dont let mental stress, chronic pain, and fatigue disrupt your professional and personal life any longer. Dr. Ingrid Kollaks Yoga for Nurses offers a tested therapy, proven to alleviate physical and mental pain, stress, and fatigue. As a yoga expert and a registered nurse herself, Dr. Kollak can show you how yoga is able to prevent and cure common ailments such as chronic neck and back pain, headaches, sore eyes, and lack of sleep. With this book, youll learn how yoga works physically to reduce pain by stretching and strengthening muscles made tense from your normal, repetitive work routine. Kollak also shows you how yoga works on a mental level to provide an exceptional anti-stress program. This book, written by a nurse for nurses, presents a series of yoga exercises and practices that will allow you to regain your strength, reduce your physical pain, revitalize your mind, and transform your entire work experience. Key Features: Author is both a yoga expert and registered nurse Includes large print photos, detailing how...



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