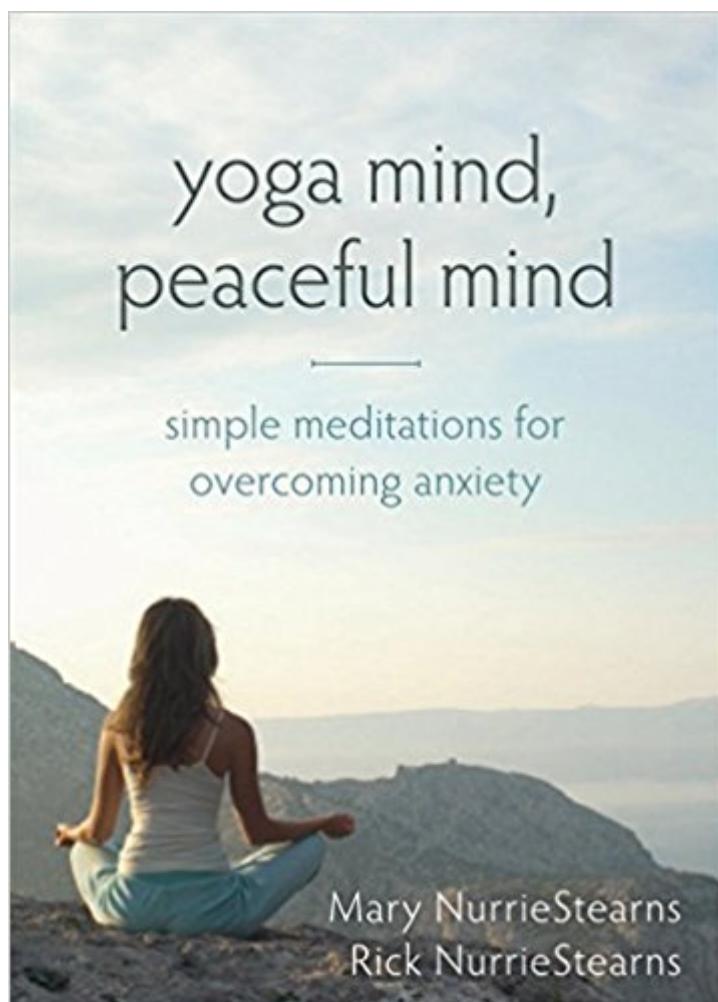


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# **Yoga Mind, Peaceful Mind: Simple Meditations For Overcoming Anxiety**



## Synopsis

What is a âœyoga mind?â • And how can it help calm anxiety, heal painful thoughts, soothe stress, and bring a lasting sense of well-being? If youâ™ve heard of the many health benefits of practicing yoga, but are unsure of the physical demands commonly associated with postures, this book is the perfect answer. In *Yoga Mind, Peaceful Mind*, two seasoned yoga teachers present gentle meditations to help you overcome anxiety and stress so you can live a more enjoyable life. Furthermore, the bookâ™s emphasis on yogaâ™s contemplative tradition, rather than postures (or, asanas), makes it perfect for people from all walks of life, including those with physical disabilities. Â In the book, youâ™ll find 160 powerful, daily meditations that are filled with thoughtful, touching insights. Each of the meditations provides an inspirational quote, a discussion of teachings and instructions from the yoga tradition, and affirmations to remember and live by every day. If you are ready to overcome anxiety and stress and take back your life, the simple practices in this book will help you achieve true peace of mind.

## Book Information

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## Customer Reviews

This book offers a wonderful way to address many of the causes of anxiety that affect my everyday life and happiness. The chapters are short and concise, yet powerful. The authors explanation of the chakras and the issues related to them that can be the causes of anxiety are insightful. The concepts and practices explored in each chapter are easy to understand. To begin with I selected a handful of the topics that spoke most to me, and after only a short while of performing the suggested meditative practices I have began to realize positive results. I highly recommend this book.

This powerful little book is a collection of simple yet profound reflections filled with wisdom, compassion, guidance and encouragement. Mary NurrieStearns is a "teacher of teachers". What you will find in these pages is the information and guidance you need to help you understand bit by bit, how your body works energetically. You will feel and connect with simple ways to live more comfortably in your own skin. You will finally understand what you need to know about your own energy to interact more comfortably and confidently with others, ultimately leading to an increased sense of satisfaction and well-being.

Yoga Mind Peaceful Mind is the first thing I reach for in the morning. This book, with its simple meditations helps me to set my intention for the day, journeying into a world of peace, love and embracing what is. Many in western society think yoga is all about the physical pose and neglect to cultivate the mindfulness aspect. You don't have to be a yoga practitioner to reap the benefits of this book. It's an easy read that can't help but give you a yoga mind, peaceful mind - with or without the pose!

I read Yoga Mind, Peaceful Mind while pregnant with my son and found it interesting. I have always wanted to learn about and better understand yoga. In Yoga Mind, Peaceful Mind, Mary Nurriestearns explains the chakras with simplicity and teaches you to quiet your mind of negative thoughts. As a person with anxiety I found a few helpful tricks to calm myself before an attack can begin. There are explanations as to when to use and how to use each mantra. I think anyone who takes yoga and meditation seriously will really appreciate this book. As a yoga newbie I can't lie... it took me a while to make it through this book, but by the end of it I could see how some people would dedicate themselves to it. I honestly have a newfound appreciation for yoga and have seen the benefits of using meditation.

This book is my new treasure! It is a guide to chakra meditations that I've personally been seeking. I felt a gentle and loving calm from the very first meditation. Within the meditations are teachings of yoga mantras and affirmations, then applying them in that meditation. The focus is on practicing therapeutic techniques for management of anxiety and spiritual healing. This is such a cool book, very helpful. I have many daily meditation books and this one is definitely unique to the energy centers. I will be recommending this book to my friends in spiritual recovery!

â ^yoga mind, peaceful mindâ™ is built out of love for individuals with the goal to find and strengthen inner peace. Using the energy of healing, love and wholeness, each meditation provides a forum to build and strengthen this â ^peaceful mindâ™ we seek along the journey. The meditations provided empower individuals to feel their strength and love for self. It is a wonderful resource for both yoga students and teachers with beautifully organized and extremely relatable meditations and reflections.

Yoga Mind, Peaceful Mind is beautifully written and an excellent resource for using meditation to address anxiety and trauma. The authors give a complete, yet easy to understand, description of the chakras and how imbalances can impact mental health. It provides wonderful meditations that, when practiced, bring peace and a feeling of well being. I am using this book as a personal resource and will be using it in my practice as well.

I have read all of Mary and Ricks books and this is one of my favorites. It's an easy book to read in sections, I like to mark my favorite entries in the book and come back to them when I need inspiration. I loved reading it while on the beach. As a yoga professional, I am so happy to see quality yoga/mental and spiritual health material available to the public. I highly recommend this and all of the NurrieStearns's books.

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