



The Illustrated Step-By-Step Guide to Yoga for Stress Relief (Paperback)

By Charles River Editors

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.*Includes over 40 different postures and yogic practices are accompanied with photographs of the proper poses and explanations to make sure you re practicing yoga correctly. *Explains proper breathing techniques for dealing with stress The unrelenting ticking of the clock just minutes before a tight deadline. The bumper-to-bumper traffic that prevents us from reaching home after a long day of work. The sound of a crying infant in the early morning that makes us wonder if parenthood is really all it s cracked up to be. What unifies each of these situations is stress. Stress is a term used to describe a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances. Stress is something that all people experience, with varying levels of stress being placed on our minds and bodies at any given time. The factors that cause stress are numerous: work, diet, relationships, body image, examinations, deadlines, assignments, peer pressure, lack of sleep, family, depression, breakups, etc. Whatever the cause, stress is an inevitable component of daily life. The trick to coping with stress is...

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