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## Yoga for Nurses

By -

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,...



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