



Yoga for Depression: A Compassionate Guide to Relieve Suffering Through Yoga

Amy Weintraub

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Take the natural path to mental wellness

More than 25 million Americans are treated with antidepressants each year, at a cost in excess of \$50 billion. But the side effects of popular prescription drugs may seem nearly as depressing as the symptoms they're meant to treat. Veteran yoga instructor Amy Weintraub offers a better solution—one that taps the scientifically proven link between yoga and emotional well-being as well as the beauty of ancient approaches to inner peace.

Addressing a range of diagnoses, including dysthymia, anxiety-based depression, and bipolar disorder, *Yoga for Depression* reveals why specific postures, breathing practices, and meditation techniques can ease suffering and release life's traumas and losses. Weintraub also reflects on her own experience with severe depression, from which she recovered through immersing herself in a daily yoga routine.

Yoga for Depression is the first yoga book devoted exclusively to the treatment of these debilitating conditions. Amy Weintraub will help readers see their suffering and themselves in a vibrant new light.

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From Reader Review Yoga for Depression: A Compassionate Guide to Relieve Suffering Through Yoga for online ebook

Meg Dizzle says

chose this book to do my final paper for Yoga school. This non fiction story is one of strength, determination and will power. Great read

Kate Lumsden says

full of great information. not a book you want to race through but it shines a light on an area that's much needing it.

Ellen says

This took me a long time to get through as I have been reading a lot of other things at the same time. I've definitely read books that helped me learn more about yoga. This was more of a generalized book about different types of yoga with a handful of case examples of people with various conditions like depression, PTSD, etc., than a practical guide to actual yoga poses. She also mentioned a few breathing and yoga techniques but did not describe them and kept saying people just needed to find a qualified teacher--that wasn't terribly helpful. I was also a bit put off when in the very beginning of the book she is overly anti-meds. Meds CAN be over-prescribed, but they can also help many people with depression lead functional lives. Many people can benefit from a more well rounded approach that uses medications, yoga/meditation techniques, talk therapy AND a variety of other things (diet, exercise, etc). It doesn't have to be one or the other, and there should be NO shame in using medications to treat your depression if that helps you (Personal disclaimer: I did at one point take prescriptions for both anxiety and depression. I am not currently taking any meds, but I would not hesitate to use them again if necessary...along with other non-medical approaches that work for me).

Stephanie Fellenberg says

This book is an awesome guide for people who suffer from depression and anxiety and want to be empowered to change the way they feel. I attended Amy's workshop at a conference last year and she is just amazing!

Kate Wester says

A decent overview. There is not much practical information. She encourages people to find a qualified teacher or therapist. One confusing point. She spends a whole chapter on The Art of Living's "sudharshan kriya", calling it the breath that heals. But she never describes what it is. After a little research online, it

seems this technique is super secret, can only be taught by Art of Living, and you can't teach it to anyone else. So as someone in the healing profession, it doesn't make sense to me why this is included. I would not be able to use this with clients. Perhaps only for oneself. I'm not attracted to things that are "super secret". Seems a little culty.

Jobie says

Great resource for yoga and depression. She tells stories from her own experience and from people she knows and has worked with. She also cites some case studies. It is an easy and compassionate read. It is well balanced between information and story, practice and practical suggestions.

Andrea Bussinger says

What a delightful book. Not just about depression, it's also a great resource for yoga teachers hoping to understand mental health, therapists looking to incorporate yoga, or people with depression, anxiety or PTSD hoping to get more emotional balance from their yoga practice.

Between this and Weintraub's other book, "Yoga Skills for Therapists," this is far superior. Some healers are just more gifted in explaining the philosophy than the how-to, and Weintraub is one of them. Her writing is informative, compassionate, and sparkles with wisdom. This book makes me want to meet her and learn more about her work... "Yoga Skills for Therapists" did not.

I'll be adding this to my resource library.

Marie says

first of all--this is a treasure of a book regardless of whether you currently feel depressed or peaceful, angry or joyful. frankly it's a great find for anyone interested in learning about why people get such a natural high after taking a yoga class, and explains the changes in the biochemistry of the brain and endocrine systems while practicing certain postures. the author skillfully breaks down and recommends which poses to do based on whether you are trying to activate your tapas (inner fire) or trying to soothe your body. this is really an amazing book--i'd recommend it to anyone!

Lisa says

Excellent and informative read on the overall benefits of Yoga for those with depression. The techniques are truly helpful. My day often begins and ends with poses suggested by Ms. Weintraub.

Diana says

This is a wonderful and complete book by a wonderful woman and yoga teacher. I have met Amy and taken Yoga workshops with her that are amazing. She knows her stuff and has extensive research to back her up. Great books if you like yoga or are looking to get yourself out of a slight depression without medication and use yoga to enhance your life.

Alexa says

This book is awesome! Read it when I was struggling with anxiety on the recommendation of a yoga teacher friend of mine. This book dives into the ayurvedic & buddhist breakdowns of our make-up. Im a pitta...& vata at times...& now know exactly why I feel anxiety at times (Vata imbalance) or sluggish (kapha imbalance) or pissed off (PITTA imbalance) & what the heck to do to balance it all out. It is highly interesting & each person, even the most balanced person, can benefit from the knowledge in this book. It is shocking the accuracy & how differently you experience things with the background knowledge of why.

H. V. says

This book would be more useful to someone who does not yet have a yoga practice. It mainly discusses the "why" of yoga, outlining several types of depression and how yoga works on various levels to prevent and manage depression. Weintraub also discusses different styles of yoga, and recommends that a student begin by taking classes. I was already familiar with many of the poses and meditation practices that Weintraub discusses, and was a little wary of the idea of self-diagnosis.

The best part of the the book for me was her discussion of how practitioners, under the watchful eye of a careful teacher, can release patterns of emotional distress that have been stored in the body. Although I've heard of this idea before, I've only thought about it in terms of anger or other more violent emotional patterns.

Rachel Burton says

This is good. Very good. The more I reflect the more I genuinely believe that there is a very fine line between depression/fibromyalgia/ME. I can already feel that this book is going to make a big impact on both my yoga practice and my day-to-day thought patterns. It is not one of those flaky yoga books that tells you to heal yourself and flush your meds down the loo, but instead works on balance - the balance of meds/therapy/yoga/meditation. Learning to stop being your depression or your fibro or your ME and to just be. And to come to a place where a daily yoga practice maintains your physical and mental health.

I do wish Americans wouldn't go on about bloody Freud so much though.

Jill says

My doctor told me that I should do yoga to help with some of the symptoms of depression that I have. The exercises in this book are supposed to help relieve some of these symptoms. I have been doing yoga now for about a year and I have been doing some of these exercises and I believe that they do work. A lot of the exercises are geared towards getting blood circulating to the head. The ones I really like are the balance poses. Those poses take a lot of concentration and I feel that learning to concentrate while doing poses can teach one to concentrate in life. This book is a must read for anyone who wants to find another way of relieving depression.

Katie says

My therapist loaned this to me, and I found it motivating for slowly picking up a bit of yoga practice that I'd dropped during a depressive episode. The author does some interesting mixing of personal anecdotes, Hindu philosophy, and medical studies about the effects of yoga, and I'll admit that I came away with a bit of skepticism. (Studies about yoga and health are notoriously tricky - small sample sizes, different things that are considered "yoga," hard-to-determine causation, etc.) But the gist of it is solid advice: Movement and breathing, ideally with a teacher who prompts you to be mindful of your body and kind to yourself, can be a tool for coping with/recovering from depression. Now I just need to motivate myself to sign up for a class.
