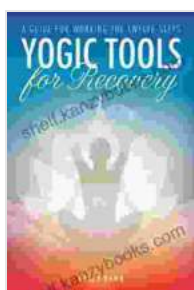


Yogic Tools For Recovery: A Guide to Healing and Transformation

Addiction and trauma can have a devastating impact on our lives. They can rob us of our health, our relationships, and our sense of purpose. But there is hope. Yogic Tools For Recovery is a comprehensive guide to using yoga and other yogic practices to heal from addiction and trauma.



Yogic Tools for Recovery: A Guide for Working the Twelve Steps by Kyczy Hawk

★★★★☆ 4.8 out of 5

Language : English
File size : 4396 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 192 pages



This book offers a unique approach to recovery that combines the ancient wisdom of yoga with modern scientific research. Yogic Tools For Recovery provides a step-by-step program that can help you to:

- Understand the root causes of your addiction or trauma
- Break free from the cycle of addiction or trauma
- Heal your body, mind, and spirit
- Find lasting peace and happiness

Yogic Tools For Recovery is written by Dr. Gabor Maté, a world-renowned expert on addiction and trauma. Dr. Maté has spent decades working with people who are struggling with addiction and trauma, and he has developed a unique approach to recovery that is based on the principles of yoga.

In Yogic Tools For Recovery, Dr. Maté explains how yoga can help to heal the underlying causes of addiction and trauma. Yoga can help to reduce stress and anxiety, improve sleep, increase self-awareness, and promote emotional regulation. These benefits can help you to break free from the cycle of addiction or trauma and start to rebuild your life.

Yogic Tools For Recovery is a practical guide that can help you to use yoga and other yogic practices to heal from addiction and trauma. This book offers a step-by-step program that can help you to understand the root causes of your addiction or trauma, break free from the cycle of addiction or trauma, heal your body, mind, and spirit, and find lasting peace and happiness.

If you are struggling with addiction or trauma, Yogic Tools For Recovery can help you to find hope and healing. This book offers a unique approach to recovery that can help you to transform your life.

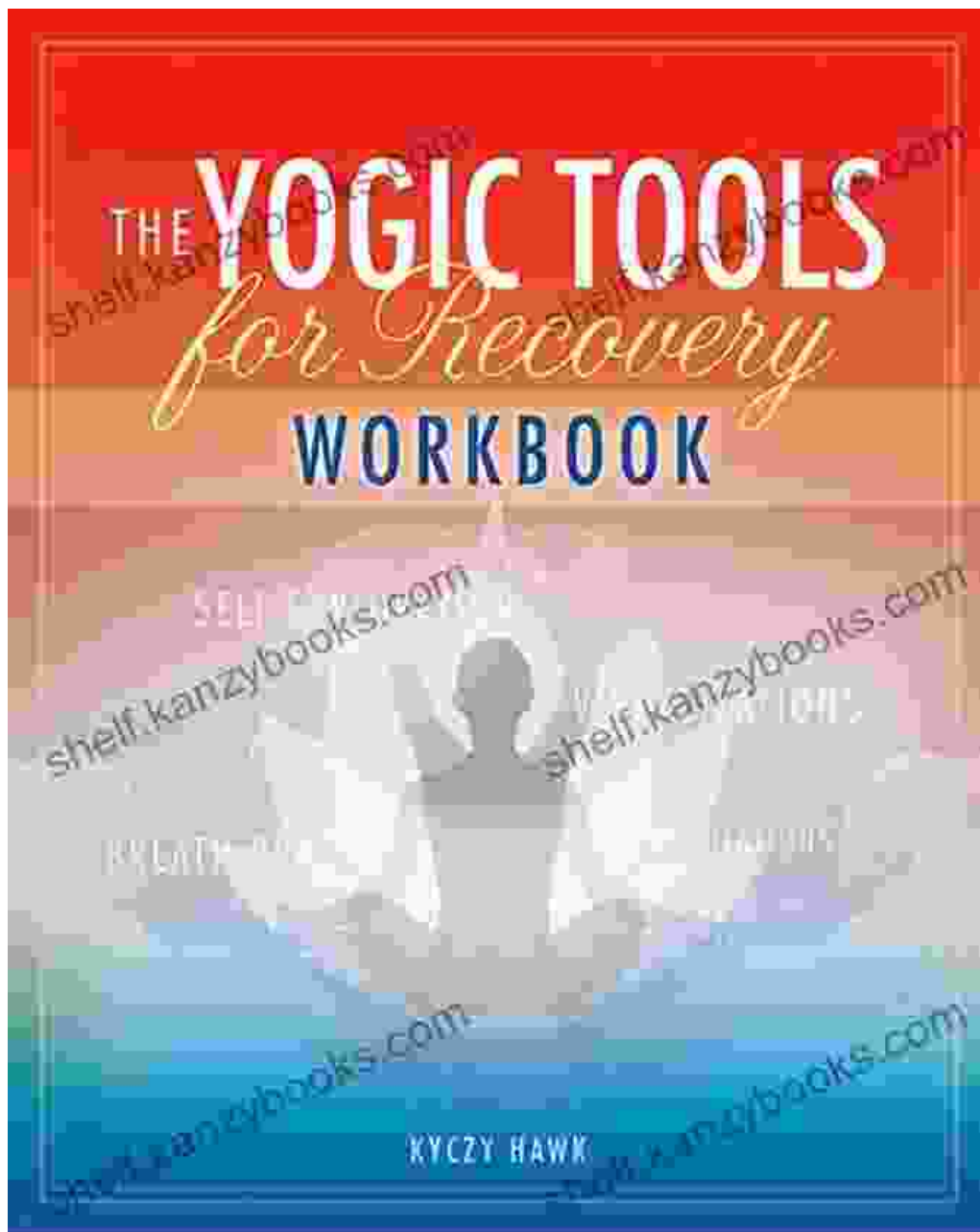
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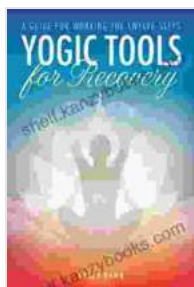
Yogic Tools For Recovery

By Dr. Gabor Maté

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304 pages



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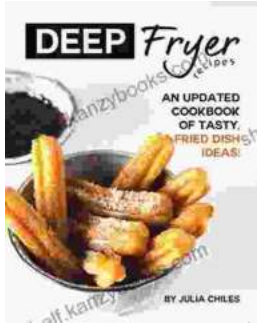
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