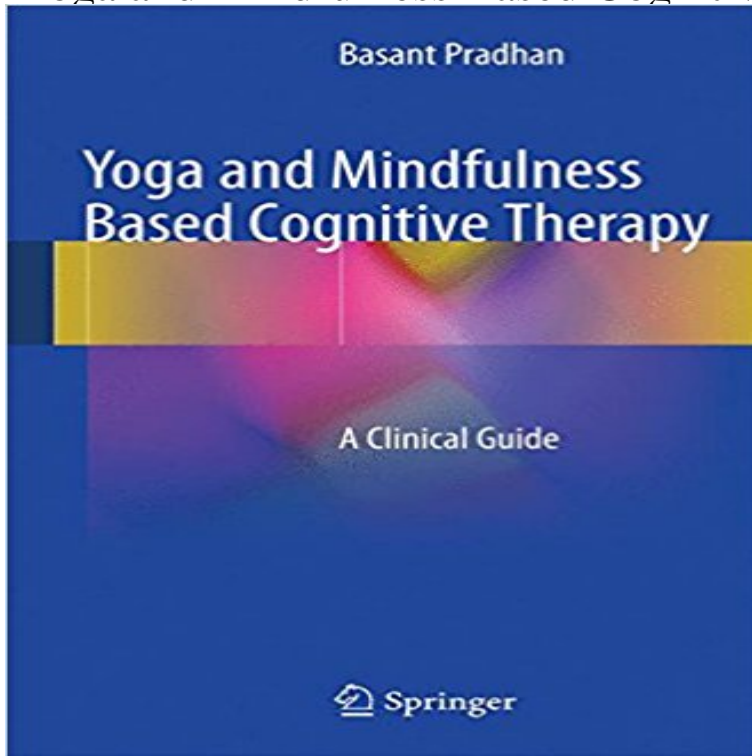


Yoga and Mindfulness Based Cognitive Therapy: A Clinical Guide



This book attempts to bridge the considerable gaps that exist between spiritual philosophies and evidence-based medicine and between the psychotherapeutic models of the East and the West. Based on the insights of both the ancient wisdom and modern medicine, this book presents Yogic science not just as a set of physical exercises or religious rituals but as theories about the mind that have bio-psycho-social implications in relation to health and illness. Drawing on his years of monastic training and his extensive experiential, clinical and research knowledge on the utility of Yoga meditation in standardized and evidence-based medicine protocols, the author describes symptom-specific clinical applications of Yogic/meditative techniques using standardized protocols for the various psychiatric and psychosomatic conditions. In addition, he explains the value of these techniques in reducing stress and improving quality of life in healthy populations. Dr. Pradhan names the proposed integrative model of psychotherapy Yoga and Mindfulness Based Cognitive Therapy (Y-MBCT). Unlike other models, Y-MBCT uses Yoga in its entirety (all eight limbs, including meditation) rather than piecemeal. The standardized and evidence-based format of Yoga meditation described in this book will help all aspiring Yoga practitioners and will hopefully also provide the impetus for multicenter research studies on the value of this ancient wisdom.

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new business that I can handle. I am not interested in stock piling listings with the hopes that, by the law of averages, some will sell. Karen is hard working, dedicated and determined to provide the best possible service to her clients and customers. Why use a Green Realtor? There are already signs that in the near future energy costs will continue to rise. When shopping for a new home, it is imperative that buyers compare homes based on the normal criteria of location, size and functionality along with the homes potential for energy efficiency by concentrating on insulation, type of windows, furnace, roof, age of the structure, type of wiring, type of plumbing, lot grading and the potential to grow your own food should you desire. We can make this process easier for you with our knowledge of the area builders over a long period of time and our training on efficiency and energy efficient products. We can point out periods of rapid growth when homes in our city were not well constructed and were rendered very poor on the scale of energy efficiency. We can point out builders that meet LEED standards or Green standards and have built to the highest levels of efficiency. Quick Search Search Featured Property RE/MAX Chay Realty Inc. Brokerage RESIDENTIAL\$399,000 RE/MAX Chay Realty Inc. Brokerage COMMERCIAL\$3,700,000 Trademarks owned or controlled by The Canadian Real Estate Association. Used under license. Trademarks owned or controlled by The Canadian Real Estate Association. Used under license. The information provided herein must only be used by consumers that have a bona fide interest in the purchase, sale or lease of real estate and may not be used for any commercial purpose or any other purpose. Information is deemed reliable but is not guaranteed accurate by TREB. Information Deemed Reliable But Not Guaranteed. Barrie and District Assoc. of REALTORS® Last Updated: 10/18/2016 1:11:30 AM Canadian Real Estate Association Last Updated: 10/17/2016 7:37:09 AM Toronto Real Estate Board Last Updated: 10/17/2016 4:54:16 PM Toronto Real Estate Board - IDX Last Updated: 10/17/2016 11:46:40 PM Each office Independently owned and operated RE/MAX Chay Realty Inc., Brokerage, Independently Owned and Operated 152 Bayfield St. Barrie ON L4M-3B5 (705) 722-7100 Additional Disclaimer Information.. Agents Login Here v2016.0.1. 10

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