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Yoga for Fibromyalgia: Move, Breathe, and Relax to Improve Your Quality of Life (Rodmell Press Yoga Shorts)

Shoosh Lettick Crotzer

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Fibromyalgia, which affects more women than men, is characterized by widespread pain in muscles, ligaments and tendons, as well as fatigue and multiple tender points — places on the body where slight pressure causes pain. Although mainstream medicine has yet to devise a successful plan for treating fibromyalgia, yoga offers sensible strategies for managing, and sometimes overcoming, the pain. Written by a yoga teacher and suitable for both yoga novices and veterans, this book is grounded in simple movements, breathing techniques, and guided visualization and relaxation sessions. Readers learn to reduce stress and manage fibromyalgia through eight sequences: four for pain relief, one to diminish fatigue and improve sleep, and three for maintaining body awareness and general flexibility. The author's simple, supportive language and mixture of theory, practice, and the latest scientific data offer hope for one of the most challenging health conditions.

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