



## **Yoga and Breast Cancer: A Journey to Health and Healing (Paperback)**

By Ingrid Kollack, Isabell Utz-Billing

Demos Medical Publishing, United States, 2010. Paperback. Book Condition: New. 251 x 201 mm. Language: English . Brand New Book. *Yoga and Breast Cancer* is a practical how to guide to using yoga to manage stress, relieve pain and gain the strength necessary to make it through this illness. It follows the authors own research in the subject that has shown a proven correlation between yoga practise and better health and outcomes after a Breast Cancer diagnosis. More than simply an exercise guide, the book is a deeply soothing form of moving meditation and physical activity that is a safe way to rebuild strength, stamina and flexibility both during and following Cancer treatments. It is intended to support women during the critical phases of their disease as well as during times of secondary prevention and rehabilitation. It shows how yoga ameliorates difficulties after Breast Cancer therapy, improves a womans awareness of her body, thoughts and feelings and guides towards leading a healthier life.



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