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## **Yoga for Depression** ***A Compassionate Guide to Relieve*** ***Suffering Through Yoga***

Amy Weintraub  
Broadway Books

Yoga practice is designed to bring the body to a stronger, healthier and better condition in order to facilitate meditation and spiritual practice. Amy Weintraub is an experienced yoga practitioner and instructor. She writes clear text and includes many instructional photographs in various yoga poses and positions.

This book constitutes a good start. I would highly recommend taking yoga, but with a live instructor who can guide a new student into proper positions safely. Since most advanced positions are difficult for a beginner to achieve, an instructor is required to assist in finding the proper beginning and intermediate steps on the way to proper balance, position and health.

Virtually all yoga practices are designed to help overcome fear, anxiety, anger and depression. As one yoga master said, "You don't get old and stiff, first you get stiff and then you get old." Do yoga, stay loose, enjoy life, reduce fear, and escape depression.

Robert P. Goldman, MD