

Dr. Goldman's Book Reviews

YOGA FOR DEPRESSION

A Compassionate Guide to Relieve Suffering Through
Yoga

By

Amy Weintraub

Broadway Books 2004

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 has a clear text with many instructional photographs of her in various Yoga poses and positions.

This is a good text, and constitutes a good start. I would highly recommend, though, an in person set of classes with a live instructor who can guide a new Yoga student into proper positions. Since most advanced positions are difficult for a beginner to achieve, an instructor is required to assist you in finding the proper beginning and intermediate steps on you way to proper positions 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, M.D.