

# Healing Depression the Mind-Body Way: Creating Happiness with Meditation, Yoga, and Ayurveda

By Nancy Liebler, Sandra Moss

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"If you have an interest in optimum mental health, this book belongs on your shelf!"

—**Amy Weintraub**, author of *Yoga for Depression*

"A must-read for anyone interested in overcoming depression and healing themselves naturally. A very important book that will elevate you in many ways. Everyone must seek it out."

—**Dharma Singh Khalsa**, M.D., author of *Meditation as Medicine* and *Dead Brain Cells Don't Lie*

### Activate the inherent wisdom of your mind-body

*Healing Depression the Mind-Body Way* shines a new light on the darkness of depression by presenting specific antidepressant strategies designed to help you unleash your innate healing potential. The time-tested advice presented in this book is based on the latest theories of modern science and the practical wisdom of Ayurveda, an ancient system of natural medicine. This unique book offers a comprehensive step-by-step program for eradicating the root of depression from the physical, mental, emotional, and spiritual aspects of your being.

Through detailed questionnaires about your psycho-physiological profile and elemental imbalances, you will identify an archetype that most represents your experience with depression. Then, you will design a tailor-made health program to regain balance in your mind-body.

You will learn to undo depression by:

- Identifying your unique manifestation of depression based on elemental imbalances
- Using yoga, exercise, and breathing techniques that are in sync with your specific physical, mental, and emotional needs
- Using food and meditation as medicine

Whether you are battling a depressive episode or need support coping with the problems of daily living, this book will help you awaken the "physician within" and embark on a pathway to a life of balance and renewal.

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## Healing Depression the Mind-Body Way: Creating Happiness with Meditation, Yoga, and Ayurveda By Nancy Liebler, Sandra Moss Bibliography

- Sales Rank: #391892 in Books
- Brand: Liebler, Nancy Cullen, Ph.D./ Moss, Sandra
- Published on: 2009-04-06
- Original language: English
- Number of items: 1

- Dimensions: 9.22" h x .82" w x 6.14" l, .79 pounds
- Binding: Paperback
- 288 pages

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### **Editorial Review**

#### **About the Author**

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