



# **The Yoga-CBT Workbook for Anxiety: Total Relief for Mind and Body**

*Juile Greiner-Ferris LICSW, Manjit Khalsa EdD*

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***The Yoga-CBT Workbook for Anxiety* blends two highly effective anti-anxiety strategies—cognitive behavioral therapy (CBT) and Kundalini yoga—for an entirely new and powerful treatment. Written by the creators of yoga-cognitive behavioral therapy (Y-CBT), this book will help you address the physical and psychological symptoms of anxiety to find lasting relief for both body and mind.**

Millions of people suffer from anxiety—it can keep you trapped in the “worry cycle.” When you’re under stress, your thoughts are racing, and you find yourself repeating the same anxious patterns over and over again, it has a negative impact on your relationships, health, and overall well-being. So, how do you get past your anxiety to increase peace and relaxation in your life? Yoga-cognitive behavioral therapy (Y-CBT) can help.

This book offers the first research-based model to combine the benefits of traditional psychological practice with the therapeutic benefits of Kundalini yoga—often referred to as the yoga of awareness. This combination will enable you to effectively address both problematic thought patterns and the physiologic outcomes of emotional distress simultaneously.

With the proven-effective techniques provided in *The Yoga-CBT Workbook for Anxiety*, you’ll find peace for your anxious mind and a state of relaxation for your body. More than just being able to manage your anxiety and stress, you’ll be ready to transform your whole life for the better.

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