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Yoga & Mindfulness Therapy: Workbook for Clinicians & Clients

C. Alexander Simpkins PhD, Annellen M. Simpkins PhD

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Bringing together philosophy and neuroscience with hands-on exercises, journaling, and charts, this practical workbook by psychologists and best-selling authors C. Alexander Simpkins, Ph.D., and Annellen M. Simpkins, Ph.D., is organized to include:

• The tools to get you started: preliminaries, quick tips, neuroscience and efficacy research

• Clear instructions to guide you in the practices of yoga and mindfulness

• Application of the practice to anxiety, stress, depression, trauma and substance abuse

• An appendix created especially for the clinician answers questions about how and when to introduce the techniques, ways to adapt to your practice, and special ways to address children and seniors.

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