



Yoga Beats the Blues: Boost Your Mood, Memory, and Concentration with Easy 5, 10, and 20-Minute Yoga Routines

Donna Raskin

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Yoga is well known for its ability to calm nerves while it creates a fit body. In *Yoga Beats the Blues*, fitness writer and yoga instructor Donna Raskin offers 20-minute routines that alleviate anxiety and depression while improving memory and concentration.

Fully illustrated, this book makes it easy for even a beginner to achieve a relaxed, happy state of mind.

You'll learn how to breathe your way through a crisis at work, the simple stretches that can help you undo nervousness, and the best way to calm down after a difficult conversation.



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