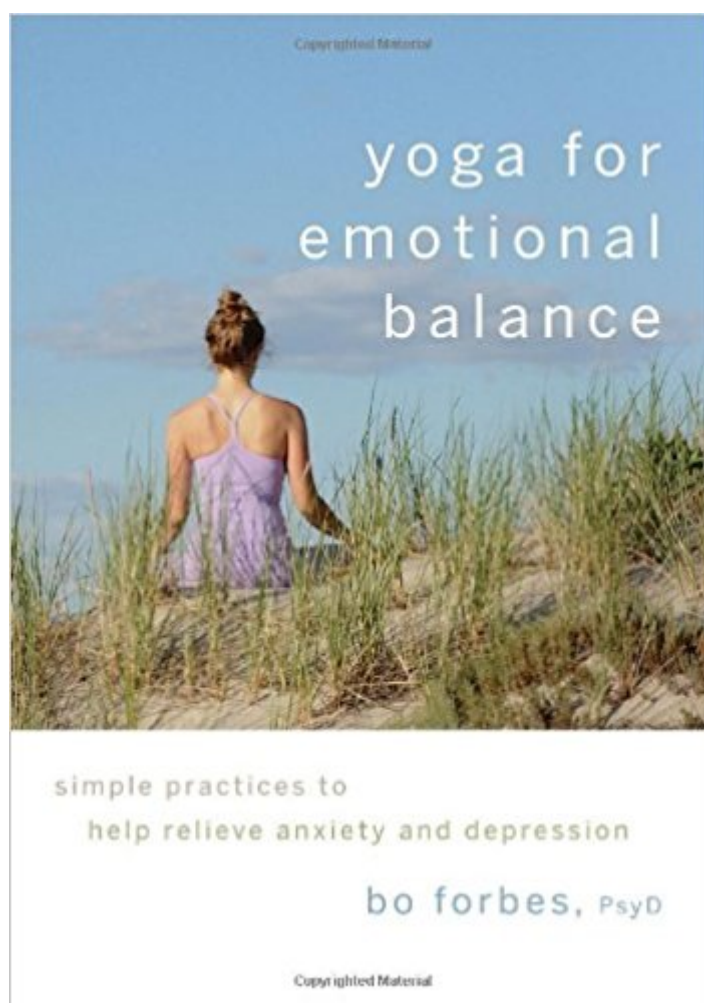


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# Yoga For Emotional Balance: Simple Practices To Help Relieve Anxiety And Depression



## Synopsis

Emotional balance is within your reach—when you cultivate the intelligence of both your body and mind. Bo Forbes, a psychologist and yoga teacher, presents an integrative approach to healing anxiety, depression, and chronic stress. In this book, she offers some of her most important teachings and practices, including:

- restorative yoga sequences designed to balance anxiety and lift depression
- breath- and body-centered exercises to calm your mind and energize your body
- simple ways to understand your emotional patterns
- an overview of the three main obstacles to emotional well-being
- five tools for building emotional balance

Rooted in classical yoga yet supported by psychology and science, the techniques in this book will help you create progressive and lasting change.

## Book Information

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## Customer Reviews

“Forbes clearly and compassionately explains anxiety and depression and helps readers understand the process of healing. We can all benefit from these teachings.” —LA Yoga

“This book is excellent—it’s timely, clear, and full of tools for creating emotional balance. I particularly love the restorative yoga sequences. They are close to miraculous, and everyone can do them.” —Lilias Folan, PBS host and author of *Lilias! Yoga Gets Better with Age*

“Forbes has crafted a knowledgeable, realistic guide to addressing the physical and psychological aspects of anxiety and depression, explaining how we can use the body

and mind in concert with each other to heal. To her credit, Forbes grounds her ideas and recommendations in sober observations (as both a therapist and a yoga teacher), scientific literature, and a bodhisattva's compassion for human suffering. If you're struggling with anxiety and depression, this book could point the way to wholeness and well-being.

•Yoga Journal

“Bo Forbes has written more than just a book. She's put together a step-by-step prescription that can be tailored to individual needs for the effective relief of the common modern-day maladies of stress, anxiety, and depression.”

•Richard Rosen, author of *The Yoga of Breath*

“Yoga for Emotional Balance teaches restorative poses and simple breathing techniques that, when practiced regularly, can put you on the path to feeling better.”

•Timothy McCall, MD, author of *Yoga as Medicine*

[A] unique synthesis of yoga and psychology . . . this important contribution to the field of integrative emotional healing is informative for teachers and therapists, yet accessible to the lay person.

•Yoga International

Bo Forbes, PsyD, is a clinical psychologist, yoga teacher, and integrative yoga therapist whose background includes training in biopsychology, behavioral medicine, and stress management. She is the founder of Integrative Yoga Therapeutics, a system that specializes in the therapeutic application of yoga for anxiety, insomnia, depression, immune disorders, chronic pain, and physical injuries. Forbes conducts teacher trainings and workshops internationally, and writes frequently for magazines such as *Yoga Journal*, *Body + Soul*, and the *International Journal of Yoga Therapy*. For more information, visit her online at [boforbes.com](http://boforbes.com).

I really like the marrying of principles and practices of yoga with psychotherapeutical wisdom, particularly with regard to anxiety and depression. In just the introductory chapters I learned more about these emotional disorders than any straight psychological reading. I tend to prefer a holistic approach in general, and this book definitely fits that bill. The writing is very clear and accessible to layperson and scholar alike. The author is also very clear that this book is not offering workouts for physical fitness; rather these are mental workouts, if you will, and it does take work. Mental discipline is always harder than applying yourself physically. But if you can persevere, the rewards are priceless and last for a lifetime. I bought this book to try to help a loved one suffering from anxiety and depression who is resistant to outside help. My hope is that we can both find improvement, perhaps a lifeline to hold onto that maybe can get us to shore.

I work in corporate finance, a field rife with job stress. A fellow corporate denizen, who is also a certified yoga teacher, recommended this book a couple of years in a Facebook post. I liked what I saw on and instantly bought a copy. I have read it through a couple of times and follow the simple exercises outlined in it from time to time. Back then, I used to suffer from stress-related insomnia, and these exercises and reading Bo's perceptive writing helped clear that up quite quickly. (Note - your mileage might vary, depending on your specific issues.) In the book, Bo talks about the mind, how it works, how to calm it, and how we can change/ begin habits that will improve our emotional balance. She is a trained psychologist who took up practising and teaching yoga . She mentions examples in this book of people that we can relate to and find inspiration from. I highly recommend this book to colleagues and friends. It is well written and filled with the wisdom born of long years of experience and practice in the author's profession as well as in teaching yoga. I have found it transformative in my own life. It's one of those books you read through and keep going back to for little refreshers from time to time.

I bought this book for a 27 year old young woman suffering from sudden anxiety attacks on returning to school, etc., who is somewhat resistant to the idea of counseling/therapy etc. She was prescribed medication, which helped, but knows it may not help longterm. One of the basic ideas in the book, that your mind can be anxious and your body depressed or your body anxious and your mind depressed makes a lot of sense. That the body mind interaction drives so much of our experience is helpful to my friend and makes her experience seem not so "weird" and makes her feel less odd. This book is well written, clear and kind. The yoga postures to help body and mind are a pure gift. Anyone who suffers anxiety and depression and is at all open to spending some time with simple postures to help their body and their mind would benefit. I wish my friend could be counseled by someone as wise and kind as the author, but as we all know, therapy is kind of a karmic crap shoot and one doesn't always find someone like that. Meanwhile, this book will be helpful to many. kelswick

Bo Forbes' Yoga for Emotional Balance is a rare find in the emerging field of emotional yoga therapy: an approach that is true both to Yoga and to the modern sciences. Avoiding a common pitfall in this field, Forbes' approach integrates knowledge from East and West while doing no insult to either viewpoint. Additional strengths include her clear explanations of the origins of emotional imbalances such as anxiety and depression and how to engage in the processes that bring oneself back into balance. Her explanations actually make sense and are tied directly to mind and body

exercises that anyone can practice. Anyone who reads this book will see themselves in it because it becomes clear that both the processes of becoming imbalanced and those that lead back to balance are parts of the human condition. This makes the book a valuable companion for those seeking higher levels of conscious emotional engagement as well as for those who seek to understand emotional imbalance to help themselves or others attain or sustain balance. This is one of the few books in this field I am willing to recommend to any of my friends from the world of Yoga and the world of Psychology. I must say, "What a breath of fresh air." Scott Newsom, Ph.D.

RYT-200 Texas Licensed Psychologist 31249 Registered Yoga Teacher - 200 Hour Level

This book was helpful to me both as a yoga teacher and someone who has been diagnosed with depression and anxiety. Yoga was the best coping method I ever tried for anxiety and depression, and the huge impact it had on my healing is why I chose to become a yoga instructor. We didn't cover much about mental health in my teacher training, but I have read articles and studies on my own about how yoga works for anxiety and depression. I wanted a more in-depth read that included practical instruction and specifics. This book was just what I was looking for.

This book was my introduction to mind-body relationships, and one that I couldn't stop recommending for months after reading. It combined theory, research, and practice. It shared knowledge on the subject as well as offered practical movements for benefit and healing. I also appreciate the author's clear and honest writing, especially in the early sections where she describes her background and the formulation of the concepts that will be presented. This book helped me to bridge the gap from being an academic studying intellectual facts and ideas, to a practitioner who puts the ideas into actions.

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