



## Yoga for Drug Addiction and Recovery (Paperback)

By Michael Hetherington

Createspace, United States, 2014. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.It has become obvious that the war on drugs has not dampened the use, abuse and trade of drugs; in fact, their use has only increased. It s now long overdue to look into other reasons as to why drug use is so prevalent, especially in the modernized world, and how ancient knowledge of the human being and spiritualized focus systems like yoga can contribute to our understanding of our tendency towards drug use. In this book you will learn about the effect of marijuana, cocaine, speed, ecstasy, alcohol, psychedelics, heroin and pharmaceuticals have on the body, mind and spirit according to the science of yoga, and how to treat addictions and imbalances accordingly. This book is primarily aimed at those people who have already engaged in drug use to some extent. This book can serve the full spectrum of users from rare occasional users, to fully-fledged drug users in the firm grip of addiction. This book is written to provide some much-needed fresh perspectives into the drug experience while also exploring some radically new and non-conventional approaches...



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