



Yoga for Nurses

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Yoga for Nurses provides the means for nurses to support and enhance our ability to care for ourselves. It gives nurses information and strategies to deal with the physical and mental imperatives found in our daily work life.

--**Jill Howie Esquivel, RN, PhD**

University of California, San Francisco (From the Foreword)

The first yoga instruction book directed specifically toward nurses....Dr. Kollak...has written a book that assists nurses in taking time to care for themselves. The content in this book could be easily incorporated into a nursing inservice program as a means to prevent on-the-job, stress-related injuries."

--**Cindy Ann Howell, RN, MS, CNOR, CMLSO**

University of Texas, MD Anderson Cancer Center

Don't let mental stress, chronic pain, and fatigue disrupt your professional and personal life any longer.

Dr. Ingrid Kollak's Yoga for Nurses offers a tested therapy, proven to alleviate physical and mental pain, stress, and fatigue. As a yoga expert and a registered nurse herself, Dr. Kollak can show you how yoga is able to prevent and cure common ailments such as chronic neck and back pain, headaches, sore eyes, and lack of sleep.

With this book, you'll learn how yoga works physically to reduce pain by stretching and strengthening muscles made tense from your normal, repetitive work routine. Kollak also shows you how yoga works on a mental level to provide an exceptional anti-stress program.

This book, written *by* a nurse *for* nurses, presents a series of yoga exercises and practices that will allow you to regain your strength, reduce your physical pain, revitalize your mind, and transform your entire work experience.

Key Features:

- Author is both a yoga expert and registered nurse
- Includes large print photos, detailing how each exercise should be done
- Contains different levels of yoga exercises, from easy-to-learn to advanced
- Exercises can be used both at work and in the home
- A fun, rewarding read!

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Heidi Fritz:

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Thomas Towne:

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Effie Steger:

In this particular era which is the greater person or who has ability to do something more are more precious than other. Do you want to become one among it? It is just simple method to have that. What you should do is just spending your time not very much but quite enough to have a look at some books. On the list of books in the top checklist in your reading list is definitely Yoga for Nurses. This book that is qualified as The Hungry Hillside can get you closer in turning into precious person. By looking right up and review this reserve you can get many advantages.

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