



Yoga Nidra for Complete Relaxation and Stress Relief

Julie Lusk

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Chronic stress is a silent assassin that can lead to a number of health and mental health issues, such as anxiety, weight gain, diabetes, and heart disease. In this book, holistic health expert Julie Lusk offers readers a powerful Yoga Nidra program to stop stress in its tracks.

If you feel stressed out, you aren't alone. Stress is a modern-day epidemic, and if you don't make healthy changes to keep it under control, you could end up with a weakened immune system or a number of health and mental health issues. This book offers the solution: Yoga Nidra—a practice based on a lucid, sleep-like state of relaxation—focuses specifically on alleviating both the mental and physical manifestations of stress, so you can live a better life.

Packed with meditations, relaxation skills, and visualization techniques, the ancient practices in this book will help you relax, reflect, and revitalize for unshakable peace and joy.

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