

## Yoga For A World Out Of Balance Teachings On Ethics And Social Action Michael Stone

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Yoga for a World out of Balance is full of insights and is more focused on environmental issues than his previous book, The Inner Tradition of Yoga (2008), which was a rather general guide. The 13 chapters of the new book form an interesting sequence. The first four chapters have a broad introduction to the ethical components of the Yoga Sutras.

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Yoga for a World Out of Balance provides guiding principles with a holistic vision that sees beyond simple black-and-white into today's more complex issues. Elephant Journal "The world has been calling out for a book like this.

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There's evidence that yoga may be helpful for anxiety associated with various life situations, such as medical conditions or stressful educational programs, and for depressive symptoms. However, yoga hasn't been shown to help in managing diagnosed mental health conditions such as anxiety disorder, depression, or PTSD.

Yoga: What You Need To Know | NCCIH

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