

Mary NurrieStearns, LCSW, RYT & Rick NurrieStearns

COAUTHORS OF *YOGA FOR ANXIETY*



PHOTO BY Chris Claussen

About the Authors

MARY NURRIESTEARNs, LCSW, RYT, is a psychotherapist and yoga teacher with

a counseling practice in Tulsa, OK. She is author of numerous articles on psychospiritual growth and coeditor of the book *Soulful Living*. In addition to producing audio CDs on yoga and meditation, Mary NurrieStearns teaches yoga, mindfulness, and meditation; leads transformational meditation and yoga retreats; and teaches seminars across the United States.

RICK NURRIESTEARNs is a meditation teacher, coeditor of the book *Soulful Living* and was the publisher of *Personal Transformation*, a magazine on psychospiritual growth. He has been immersed in consciousness studies for more than thirty-five years, working with the country's leading authors and healers in transpersonal psychology. With Mary, he leads transformational meditation and yoga retreats.

Visit the NurrieStearnses online at WWW.PERSONALTRANSFORMATION.COM.

"We've been on a yoga journey together since we met, twenty years ago, and this book is our way of sharing what we've learned. We've both suffered from anxiety and found that yoga practices help us to remember who we are, to connect to ourselves, and to engage more fully in life."

—Mary & Rick NurrieStearns, from ***Yoga For Anxiety***

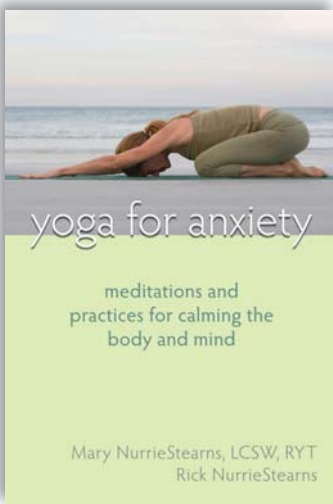
About the Book

Calming your anxiety & restoring your spirit with yoga

Facing life's daily demands and occasional crises can cause seemingly uncontrollable feelings of anxiety and fear. For those who experience such anxiety yoga can serve as a healing and calming way to reclaim their sense of innate goodness and well-being. ***Yoga for Anxiety*** offers readers poses, practices, and meditations for finding inner peace away from life's pressures.

Regular yoga practice has been proven to calm stress, enhance concentration, and reduce the symptoms of anxiety. Authors Mary and Rick NurrieStearns explain how yoga can soothe anxious feelings and develop mental clarity. Before long, readers will feel free from the anxiety and fears that hold them back and will learn to live with a more open heart and resilient mind. Just as yoga helps practitioners feel more at home in their bodies, the mental and physical practices in ***Yoga for Anxiety*** can help readers increase their sense of contentment in life.

Next page: Interview Questions



FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:

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YOGA FOR ANXIETY

Meditations and Practices for Calming the Body and Mind
Mary NurrieStearns, LCSW, RYT, and Rick NurrieStearns.
February 2010 / 978-1-57224-651-5 / \$17.95 / 6 x 9 / 232 pages

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Interview Questions

1. In *Yoga for Anxiety* you talk about the distinction between fear and anxiety. What are these distinctions and why are they important?
2. How can anxiety cause unhappiness?
3. How can practicing yoga address a person's anxiety?
4. Would someone who is not familiar with the practice of yoga find your book accessible? How do you suggest beginners approach the practice of yoga to relieve anxiety?
5. Could you explain what the phrases "stress response" and "relaxation response" refer to?
6. How is meditation healthy for the brain?
7. You state in the book that the most obvious and immediate way to feel less anxious is by changing how you breathe. How does changing the way you breathe calm anxiety?
8. Can you explain how thoughts can make us anxious? How does yoga help us to overcome anxiety producing thoughts?
9. How can readers use your book in the long term to reduce anxiety?

Raves

"Feeling anxious is so much a part of modern life that we almost forget how limiting it can be. But not these authors. They offer us clear information and techniques for dealing with anxiety on a daily basis. They teach us what the brain does when we are anxious, and what we can do about it, by changing the focus of our thinking and getting us on the yoga mat and meditation cushion for time-honored practices.

"But mostly they give us readers the confidence that we can transcend our anxiety and lead richer and more enjoyable lives. Highly recommended for yoga teachers and others interested in the whole picture of anxiety, including the spiritual angst that usually accompanies it. I especially enjoyed the personal stories scattered throughout the book."

— **Judith Hanson Lasater, Ph.D., PT**, has been teaching yoga since 1971 and is author of eight books, including *Yogabody*

Next page: More Raves for *Yoga For Anxiety*

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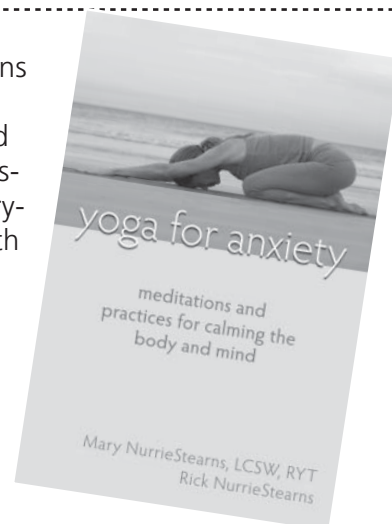
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Raves

“Writing in a clear, step-by-step format, Mary and Rick NurrieStearns provide simple practices to help identify and counteract negative thoughts, induce relaxation, develop awareness, reduce stress, and heal anxiety. The authors create a connection with the reader by using images and examples from everyday life that resonate with everyone’s experiences. *Yoga for Anxiety* integrates modern psychology with basic yoga practices, including postures, breathing, mindfulness, and meditation. In the early chapters, basic information suitable for beginners provides the foundation for more advanced material as the book progresses. For anyone suffering from anxiety, *Yoga for Anxiety* is a great place to begin the journey to recovery.”

— **Patricia L. Gerbarg, MD**, and **Richard P. Brown, MD**, coauthors of *How to Use Herbs, Nutrients, and Yoga in Mental Health Care*



“Yoga is one of the best-validated therapies in the entire field of integrative medicine. It is especially valuable because it addresses all we are: body, mind, and spirit. *Yoga for Anxiety* is an excellent guide for anyone seeking greater serenity, peace, and fulfillment—and who isn’t?”

— **Larry Dossey, MD**, author of *Healing Words* and *The Power of Premonitions*

“By combining traditional psychology with the deep teachings of yoga, Mary and Rick NurrieStearns help you move past anxiety in order to experience your true nature. *Yoga for Anxiety* clearly shows that when you are willing to mindfully face and release your anxiety, it actually becomes a doorway to deep inner freedom and happiness.”

— **Michael A. Singer**, author of *The Untethered Soul*

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