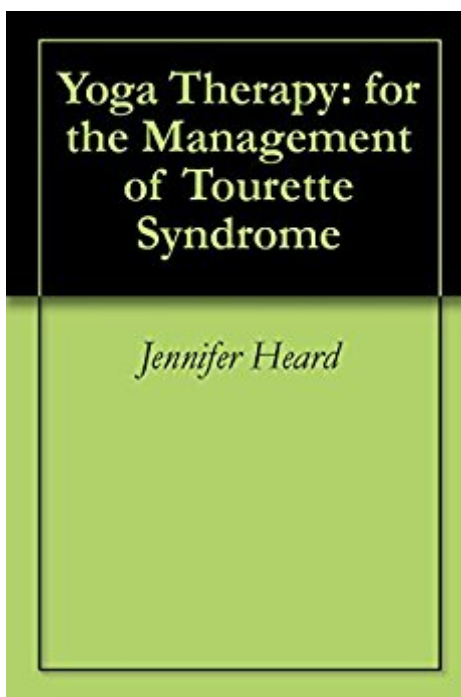


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# Yoga Therapy: For The Management Of Tourette Syndrome



## Synopsis

A brief guide on using Yoga to help manage tics associated with Tourette Syndrome. This work includes basic yoga poses, simple breath work, meditation and an overview of nutrition related to Tourette's. Real life stories show how these simple techniques have helped others.

## Book Information

File Size: 372 KB

Print Length: 124 pages

Simultaneous Device Usage: Unlimited

Publication Date: June 5, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B00KSS8ITE

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #1,506,724 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #50

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