

Venue:	Doody's Book Review Service
Title:	Book Review: Yoga for mental health, Heather Mason, et al.
Date:	2018
Type:	Book Review
Author(s)/ Presenter(s):	Alane Lucht
Abstract (or Book Review):	<p>Description</p> <p>This is a guide to how yoga therapy can be used as an adjunct treatment in mental health. The book is loaded with references and the contributing authors are leaders in their field.</p> <p>Purpose</p> <p>The purpose is to educate a wider audience about the benefits of using yoga to help those with mental health issues find ways to manage and even diminish symptoms. The book sets out to offer a resource for those wanting to include complementary and alternative therapies and it does just that. It is not a how-to book, so much as a reference on what may help.</p> <p>Audience</p> <p>It is written for practitioners and lay people alike. The writing is scientific and supported by research without being overly academic. The authors are credentialed and versed in their field.</p> <p>Features</p> <p>The book does a good job of covering the most common issues many providers encounter, from anxiety to schizophrenia. A final chapter discusses future possibilities for research. The authors acknowledge the limitations and difficulties of studying and researching something as wide-ranging as yoga for specific conditions. Although there are many advances in the field, there are also many directions to be followed. The book is well laid out, although it would have benefitted from more pictures and a chapter about addiction. It was easy to read and kept my interest, nonetheless.</p> <p>Assessment</p> <p>There are yoga books for specific physical and mental health issues that are more how-to in nature. This book is useful in that it covers a great deal of the research that points to the benefits of yoga for many mental health conditions. It will be useful for those who desire a</p>

	<p>resource to endorse the actual benefits of using an ancient discipline. The introductory chapter does a good job of interweaving the physical and neuroanatomical benefits of yoga with theory. There could have been a deeper dive into some basic philosophical aspects of yoga theory, but that could be an entire book in and of itself.</p>
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