

# Exploring Yoga and Cancer

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*With kind regards, ॐ and prem*



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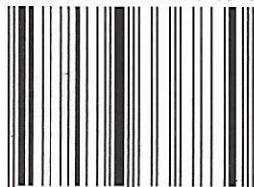
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*Exploring Yoga and Cancer* applies the insights of modern medical science and yogic understanding. An in-depth analysis is provided of how cancer develops, including at the subtle levels of being, the principles supporting yogic cancer management, and how yoga practices work to help reverse and manage the effects of cancer.

This book explains what cancer is and how it forms, and looks at the various causes. It examines how the yoga practices work to aid those with cancer. Detailed advice and information to assist the formation of yogic management plans for different people with different types of cancers is offered. The final section presents an introduction to research in the field of yoga and cancer.



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