

Gaiam Relax App

Koshin Paley Ellison, Matt Weingast

Buddha's Book of Sleep Joseph Emet, 2012 Sleep deprivation is a growing problem worldwide. We go to our doctors for advice, but they seem to have nothing but pills to counteract this predicament, and these quick fixes fail to get to the root of the problem. *Buddha's Book of Sleep* is the first book to treat sleep disorders from the perspective of mindfulness meditation. Yet this is a natural choice - mindfulness meditation has proven effective for other psychological problems such as stress, depression and anxiety and these very issues are what become sleep problems when our heads hit the pillow. Divided into two sections, this book attacks sleep disorders with a combination of wisdom and practical meditation exercises. The first section describes the reasons why mindfulness meditation's basis in self-awareness is appropriate for dealing with this problem, detailing the practices of this popular form of meditation. The second section contains seven specific exercises to practice at bedtime or in the wee hours of the morning, depending on when sleeping problems occur. Supplying readers with a new perspective on why they cannot fall asleep (even when they feel exhausted), and arming them with easy-to-use tools from the practices of mindfulness meditation, *Buddha's Book of Sleep* will help the reader calm their hurried thoughts and rest easy.

Yoga and Body Image Melanie C. Klein, Anna Guest-Jelley, 2014-10-08 In this remarkable, first-of-its-kind book, twenty-five contributors—including musician Alanis Morissette, celebrity yoga instructor Seane Corn, and New York Times bestselling author Dr. Sara Gottfried—discuss how yoga and body image intersect. Through inspiring personal stories you'll discover how yoga not only affects your physical health, but also how you feel about your body. Offering unique perspectives on yoga and how it has shaped their lives, the writers provide tips for using yoga to find self-empowerment and improved body image. This anthology unites a diverse collection of voices that address topics across the spectrum of human experience, from culture and media to gender and sexuality. *Yoga and Body Image* will help you learn to connect with and love your beautiful body. 2015 IPPY Award Bonze Medal Winner in Inspirational/Spiritual 2014 ForeWord IndieFab Bronze Winner for Body, Mind & Spirit

Yogalosophy Mandy Ingber, 2013-05-07 Jennifer Aniston. Kate Beckinsale. Helen Hunt. Brooke Shields. In addition to their fame, these actresses share something else in common: they owe their enviable silhouettes to fitness expert and celebrity yoga instructor Mandy Ingber. In *Yogalosophy*®, Ingber—one of the most sought-after fitness and wellness advisors in Los Angeles—offers up a unique 28-day plan to help readers achieve healthier bodies and happier minds. Building on the concepts offered in Ingber's popular *Yogalosophy*® DVD, this handbook provides an accessible program of proven workouts and eating guidelines designed to tone and strengthen the entire body, inside and out. In addition to recipes and detailed body-sculpting workouts (which combine yoga postures with a wide range of other effective exercises), Ingber also offers up wise insights and thought-provoking anecdotes in each chapter, encouraging readers to establish a healthier, more life-embracing mindset. Full of girlfriend-y wisdom, *Yogalosophy*® is a realistic, flexible, daily plan that will help readers transform their minds, their bodies, and their lives.

Everyday Blessings Myla Kabat-Zinn, 2009-07-01 The bestselling author of the million-copy bestseller *Wherever You Go, There You Are* and *Full Catastrophe Living* joins forces with his wife, Myla, in this revised edition of their groundbreaking book about mindfulness in parenting children of all ages. Updated with new material -- including an all new introduction and expanded practices in the epilogue -- *Everyday Blessings* remains one of the few books on parenting that embraces the emotional, intuitive, and deeply personal experience of being a parent, applying the groundbreaking mind/body connection expertise from global mindfulness leader, Jon Kabat-Zinn and his wife, Myla Kabat-Zinn. Mindfulness is a way of living and there is increasing scientific evidence of its value for optimal health and well-being. A new field in psychology is devoted to mindful parenting, and mindfulness is being increasingly integrated into K-12 education. There has never been a better time for cultivating greater mindfulness in parenting and in family life.

Awake at the Bedside Koshin Paley Ellison, Matt Weingast, 2016-05-24 In *Awake at the Bedside*, pioneers of palliative and end-of-life care as well as doctors, chaplains, caregivers and even poets

offer wisdom that will challenge, uplift, comfort--and change the way we think about death. Equal parts instruction manual and spiritual testimony, it includes specific instructions and personal accounts to inspire, counsel, and teach.--Amazon.com.

Stressed Out! Mary Anne Richey, James W. Forgan, 2021-09-23 *Stressed Out!: Solutions to Help Your Child Manage and Overcome Stress* is an easy-to-read guide for parents to help their children understand stress, its effects on kids' day-to-day lives, and how to handle it. The book suggests stress management solutions that can be implemented by even the busiest parents and kids, focusing on a variety of common stressful situations that are grouped according to three categories—school, family, or environmental. Strategies include sample dialogues parents can use in conversation with their child and activities to help children gain insight and understanding into the nature of their stress, such as worksheets, role-play scenarios, or children's stories. Designed for maximum accessibility, parents and their children can immediately apply and reinforce the solutions. Inherent in each chapter is the underlying understanding that stress in children is very individual and solutions need to be individualized to fit the circumstances and personality of each child. 2018 NAGC Book of the Year Award Winner

Accessible Yoga Jivana Heyman, 2019-11-05 “A treasure trove . . . what Yoga, capital Y, is all about.” —Donna Farhi “Nothing less than a gem.” —Judith Lasater “A vital tool.” —Book Riot This daring, visionary book revolutionizes yoga practice, making it truly accessible to everyone—in every body, at any age, and in any state of health Yoga practice has so much to offer us physically, emotionally, mentally, and spiritually. But many of us feel discouraged to practice because we see young, slim, flexible, well, and able-bodied people dominating yoga spaces. Yet, yoga is truly a practice for all—conferring enormous benefits to our overall well-being as our bodies change, age, and navigate various health challenges. Jivana Heyman, founder of Accessible Yoga, views yoga as a basic human right—saying we all deserve to practice it in whatever state we find our body or mind. Accessible Yoga offers a simple, clear, and wonderfully adaptable practice for all people regardless of ability, health, and body type. Heyman has spent over twenty years sharing yoga with people of all abilities and backgrounds, and in this book, he shares his knowledge by breaking down complex yoga poses, breathing practices, meditation techniques, and yoga teachings into clearly understandable and practical tools we can use every day, regardless of our limitations or challenges.

Bride's Guide to Freebies Sharon Naylor, 2012-12-04 With the average cost of weddings today at over \$20,000, it's no wonder that today's savvy, budget-conscious brides are looking for deals to get the wedding of their dreams at a fraction of the cost. But in today's world where extreme couponing and the number of wedding sweepstakes competitions is on the rise, for the modern bride, discounts and bargains are simply not enough. For these brides, only free will do. Enter *The Bride's Guide to Freebies*, the book that shares insider secrets on how to potentially get thousands of dollars worth of merchandise and products for your wedding for free. No, this is not a book of suggested bargains and discounts. Rather, this book provides freebie-finding strategies on everything from the dress to the food to the entertainment, information on what to say (and not say) to score lots of swag, and how to foster positive relationships with vendors that result in spectacular add-ins. And each and every tip and strategy featured in the book is designed to give the budget-conscious bride the ultimate payoff: lots of wedding goods and extras... for absolutely zero money.

Danielle Collins' Face Yoga Danielle Collins, 2019-07-09 Have you ever thought why every workout you have ever done stopped at the neck? Or wondered why traditional yoga calms the mind, tones the body but forgets the face? Are you looking for a natural way to look and feel younger and healthier? Danielle Collins, TV's Face Yoga Expert, believes we should all have the opportunity to look and feel the very best we can for our age and to care for our face, body and mind using natural and holistic techniques. Her method requires just 5 minutes a day and could not be easier to get started. Integrating practical facial exercises with inspirational lifestyle tips, including diet and skincare, Danielle Collins' Face Yoga is a revolutionary new programme to help you achieve healthier, firmer, glowing skin..

Yoga Rising Melanie C. Klein, 2018-01-08 Courage, truth, and inspiration at the intersection of

spiritual practice and social justice Yoga Rising is a collection of personal essays meant to support your journey toward self-acceptance and self-love. This follow-up to the groundbreaking book Yoga and Body Image features 30 contributors who share stories of major turning points. Explore how body image and yoga intersect with race and ethnicity, sexual orientation, gender identity, dis/ability, socioeconomic status, age, and size as part and parcel of culture and society. Collectively, we can make space for yoga that is body positive and accessible to the full range of human diversity. With a special emphasis on how you can take action to build community and challenge destructive attitudes and structures, Yoga Rising is a resource for the continuing work of healing ourselves and our world as we move toward liberation for all. Praise: A must-read collection of essays ideal for anyone yearning for more self-acceptance and body peace. Read this book, and I guarantee you'll hear a story that resonates with your own experiences.—Amber Karnes, founder of Body Positive Yoga Yoga Rising kicks open the door for evolution through a collection of honest, diverse, and daring stories.. A refreshing dose of inspiration that has the power to transform lives.—Kathryn Budig, yoga teacher and author of Aim True

Creative Visualization Shakti Gawain,2008-11-14 With more than 6 million copies of this pioneering work sold worldwide, Creative Visualization explains the art of using mental imagery and affirmation to produce positive changes.

Yoga for Everyone Dianne Bondy,2019-04-02 Yoga can benefit every body, including yours! Discover how to take advantage of all yoga has to offer with this all-encompassing yoga guide. No matter who you are or what your abilities are, Yoga for Everyone includes a fabulous 50 poses proving something for everyone to love. From plus size yoga and pregnancy yoga, to yoga for the elderly or disabled, you can explore variations and modifications to much-loved yoga poses, from the comfort of your own home. Every exercise utilizes the essential elements of yoga to ensure you can gain all the physical and mental benefits, and will also allow you to perform all 10 sequences, which combine different poses into one singular experience and focus on specific health benefits each pose has on your body. Dive straight in to discover: - A visually illustrated yoga guide showcasing diversity in people and their mixed fitness abilities - 50 yoga exercises with a minimum of 3 modifications for varying body types - 10 sequences that combine the above-mentioned exercise - Expert information in Yoga and how to incorporate these exercises into everyday life For years, books on yoga have asked readers to bend over backward (literally!) to conform to their physical demands. At DK, we believe it's time to change that! Why not allow for readers to demand that yoga conform to their individual needs instead? This is yoga for real people! Once you familiarise yourself with the yoga exercises that best suit you and your abilities, you'll begin to notice the benefits of yoga and positive changes they have on your body, whether it's your enhanced flexibility, your improved posture or your stronger core. What a rewarding experience for readers! Yoga for Everyone aims to teach readers that with a little modification, anyone can practice Yoga, perfect their poses and become stronger and more confident as you go. Whether you want to structure your sun salutation or demand more from your downward dog, this all-encompassing yoga book will be your one-stop guide to achieving perfection with each pose no matter your physical ability, and learn some top tips on yoga anatomy and yoga science along the way. A must-have volume for those who want to take up yoga but don't know where to begin, or simply those seeking to start a low-impact exercise, Yoga for Everyone can be tailored to your individual fitness needs, so you make the most out of your poses! Why not stretch yourself, literally, this New Year and try something new? Your mind, body and soul will thank you!

Your 3 Best Super Powers Sonia Choquette,2016-10-11 Your 3 Best Super Powers is an invaluable and practical guide to opening your mind and heart to unleash your creative potential. -- John Gray Super powers. You want them. You feel that life would be better with them. You wish you could have been born with them. The good news is you have super powers! According to world-renowned intuitive guide and spiritual teacher Sonia Choquette, you are blessed with three incredible super powers: meditation, imagination, and intuition. When cultivated, they give you the ability to live a life of tranquility and empowerment. In Your 3 Best Super Powers, Sonia uses

meditation to tap into your other super powers, allowing you to clear mental space and to take charge of the source of all creativity, imagination--which is essential to envisioning and enacting your heart's desires. Then she seamlessly guides you to your sixth sense, intuition, to help you make the smartest, safest, and most satisfying decisions in your personal and professional life. Filled with inspiring stories, this invaluable book synthesizes Sonia's experience working with hundreds of clients for more than three decades, to provide proven techniques and practical tips that can be easily incorporated into your daily routine. Includes a digital download of guided meditations The best part is that by developing your three best super powers, you add to the beauty, peace, creativity, and harmony of the universe. These three super powers are gifts to you that keep on giving to the world. --Sonia Choquette

Roll Model Jill Miller,2014-11-04 Pain is an epidemic. It prevents you from performing at your best because it robs you of concentration, power, and peace of mind. But most pain is preventable and treatable, and healing is within your grasp. Hundreds of thousands of people around the globe have taken life "by the balls" and circumvented a dismal future of painkillers, surgeries, and hopelessness by using Jill Miller's groundbreaking Roll Model Method. The Roll Model gives you the tools to change the course of your life in less than 5 minutes a day. You are a fully equipped self-healing organism, and this book will guide you through easy-to-perform self-massage techniques that will erase pain and improve your performance in whatever activities you pursue. The Roll Model teaches you how to improve the quality of your life no matter your size, shape, or condition. Within these pages you will find: • Inspiring stories of people just like you who have altered the course of their lives by using the Roll Model Method • Accessible explanations of how and why this system works based on the science of your body and the physiological effects of rolling • Step-by-step rolling techniques to help awaken your body's resilience from head to toe so that you have more energy, less stress, and greater performance Whether you're living with constant discomfort, seeking to improve your mobility, or trying to avoid medication and surgery, this book provides empowering and effective solutions for becoming your own best Roll Model.

The Power of Your Spirit Sonia Choquette,2012-05-02 Losing our connection with Spirit may be the biggest problem we suffer from today. We want to face our challenges and disappointment with grace; be creative and inspired; feel excited by a purpose and live fearlessly through an intuitive, guiding wisdom. We want to love and feel loved and realise genuine peace ...but as much as we desire a significant spiritual breakthrough and long to know our Divine selves, we're still not making the commitment that will ensure our success. We want the gifts, but we're not engaging in the practical work necessary to obtain them, so we remain stuck and more frustrated than ever. We know a lot about the power of Spirit, yet we aren't actually experiencing it. And we cannot do so through intellectual pursuits alone. In fact, we can only experience it through a deep, intentional daily practice of connecting with Spirit. When you truly make this connection, you'll realise that it's the most authentic, lasting power you have in your life. In this enlightening book, spiritual teacher Sonia Choquette will show you that even though you can't control the outside world, with the power of your Spirit, you can create a sense of purpose within that brings about profound contentment and personal peace - no matter what is going on around you.

The Happiness Track Emma Seppälä,2016-01-26 Everyone wants happiness and success, yet the pursuit of both has never been more elusive. As work and personal demands rise, we try to keep up by juggling everything better, moving faster, and doing more. While we might succeed in the short term, this approach comes at a high cost in the long term: it hurts our well-being, our relationships, and—paradoxically—our productivity. In this life-changing book, Emma Seppälä explains that the reason we are burning ourselves out is that we fall for outdated theories of success. We are taught that getting ahead means doing everything that's thrown at us with razor-sharp focus and iron discipline, that success depends on our drive and talents, and that achievement cannot happen without stress. The Happiness Track demolishes these counterproductive theories. Drawing on the latest scientific research on happiness, resilience, willpower, compassion, positive stress, creativity, and mindfulness, Seppälä demonstrates that being happy is the most productive thing we

can do to thrive—whether at work or at home. She shares practical strategies for applying these scientific findings to our daily lives. A fulfilling, successful, and anxiety-free life is within your reach. The Happiness Track will show you the way. Happiness Is the Fast Track to Success “Are you a hard-driving, multitasking, conscientiously striving professional? Then your ideas about success are probably all wrong—and you need The Happiness Track, Dr. Emma Seppälä’s investigation into the counter-intuitive factors that create career and life success. The best news of all? All these skills are well within your grasp.”—Daniel H. Pink, author of *Drive* and *A Whole New Mind* “Emma Seppälä convinces us that reconfiguring our brain for happiness can change the way our lives unfold and the way we approach success. A worthwhile read for anyone who wants to achieve a successful and fulfilling life.”—Amy Cuddy, professor at Harvard Business School and author of *Presence* “Backed by extensive research in psychology and neuroscience, The Happiness Track offers a wealth of insight on changing how we approach our work, our personal lives, and our relationships. It’s a carefully researched, engaging look at how to improve ourselves without losing our authenticity or our sanity.”—Adam Grant, Wharton professor and New York Times bestselling author of *Give and Take* and *Originals* “Through her research-backed strategies, Emma Seppälä teaches us not only how to thrive in our chosen profession, but how to stay true to ourselves—and enjoy every moment of the process.”—Susan Cain, cofounder of Quiet Revolution and New York Times bestselling author of *Quiet* “For decades we’ve been tied to theories of success that have burned us out and driven us into the ground—because we don’t know of any alternatives. The Happiness Track provides us with a highly readable, science-backed solution to obtaining sustainable success, the sort of success we are all really striving for, that leaves us fulfilled, happy, and healthy.”—Scott Barry Kaufman, Ph.D., scientific director at the Imagination Institute at the University of Pennsylvania

Meditation Rev. Patrick J. Harbula, 2019-08-13 Meditation is an ancient practice that has brought peace and clarity to people from every time, culture, and place. Its benefits—a sense of calm, greater knowledge of self, better health—are as appealing to the modern world as they were to the ancient. In this beginner’s guide to meditation, author Patrick Harbula provides readers with everything they need to know in order to experience deep meditation. Readers will learn: - The history of meditation, both Eastern and Western - The benefits of meditation for the mind, body, and spirit - Different forms of meditation practice - Supportive practices to enhance the benefits of meditation in daily living. - Simple ways to begin meditation immediately, and more... In addition, readers will also find simple techniques to deepen the meditation path for more experienced meditators. Meditation demystifies the often times intimidating world of meditation, providing the perfect starting point for anyone looking to cultivate a sense of peace in their life. Other books in the Start Here Guide Series: *Energy Healing: Simple and Effective Practices to Become Your Own Healer* *Forest Bathing: Discovering Health and Happiness Through the Japanese Practice of Shinrin Yoku* *Chakras: An Introduction to Using the Chakras for Emotional, Physical, and Spiritual Well-Being*

Yawning Yoga Laurie Jordan, 2020-04-15 Elements of yoga practice including stretching, posture, and breath work, are introduced through elegant artwork and poems like Mountain (Tadasana) and Seashell (Balasana), to help children and their caring adults ready their bodies for a restful sleep.-- Amazon

Tune In Sonia Choquette, 2013-09-09 Connect with your Spirit with practical, daily routines that will unleash your true spiritual self. Join New York Times best-selling author and internationally renowned teacher and intuitive guide Sonia Choquette as she reveals a simple four-step plan for achieving lifelong inner transformation. In this revised and expanded edition of her book *The Power of Your Spirit*—and distilled from more than 35 years of helping others get in touch with their true selves and discover their souls’ purpose—Sonia provides profound yet accessible wisdom to those seeking to transcend the strictures of an ego-driven existence and experience the joy and fulfillment of an intuitively guided, Spirit-driven life. Illuminated with even more engaging and powerful stories of personal transformation from her life and practice than in the original version, this invaluable book instructs seekers at all stages of their spiritual journeys how to directly tune in to their

intuition. Sonia also provides additional practical exercises and rituals—including breathing techniques, visualizations, journaling questions, and a step-by-step guide to setting up and using a personal altar—to help us place our intuition at the helm of our spiritual quests and in the heart of our daily lives. Whether you're just beginning to tap into your intuition or are already living in the flow, Tune In offers a wealth of inspiration that will enable you to engage more deeply with your inner Spirit, your authentic Self, and live a more rewarding, fearless, and compassionate life.

Integral Yoga Hatha Swami Satchidananda, 1995 This clear and comprehensive yoga manual, prepared by the world-renowned yoga master Swami Satchidananda, is the only one you will ever need! Clear, concise and accurate information and illustrations make yoga practice easy for everyone, even through to the most advanced level.

Decoding **Gaiam Relax App**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Gaiam Relax App**," a mesmerizing literary creation penned by a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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Gaiaam Relax App Introduction

In this digital age, the convenience of accessing information at our fingertips

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