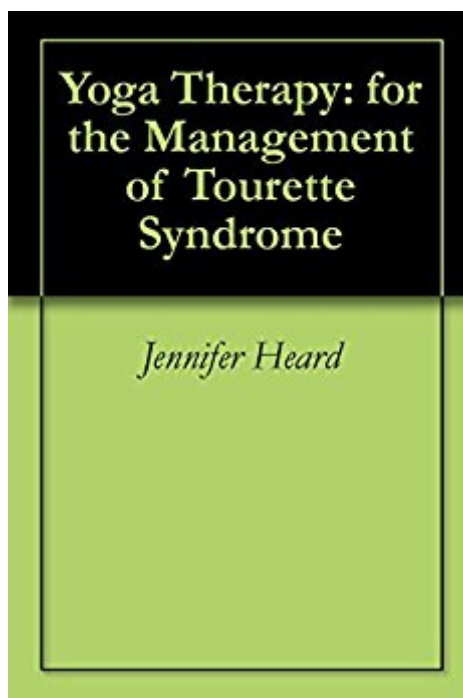


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# Yoga Therapy: For The Management Of Tourette Syndrome



## 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

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