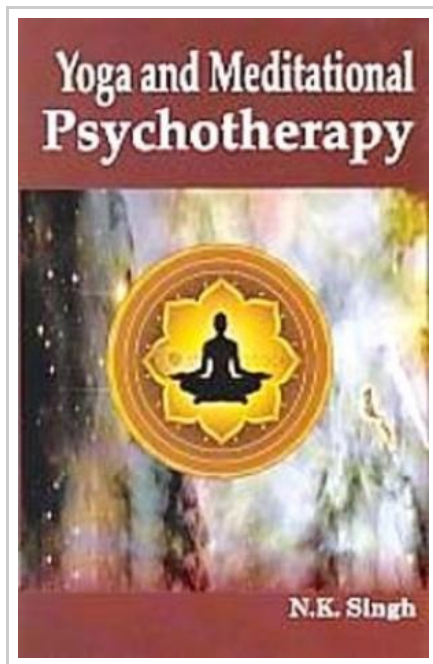



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Yoga and Meditational Psychotherapy

By N.K. Singh

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The combination of yoga and meditation is a wonderful way to connect with the divine on all levels of human existence. The present book *Yoga and Meditational Psychotherapy* is a compilation of twenty one important research papers contributed by eminent scholars. This book is divided into three parts. First part deals with psycho-physiological parameters of yoga therapy. Second part emphasises promotion, practice and research of yoga and health and third part explains meditation psychotherapy and psychological wellbeing. I hope, this book will be one of the monumental works in theory, research and practices in yoga and meditation psychotherapy. Contents Preface (v) About the Contributors (vii) 1. Introduction 1 Part?I Yoga Psychotherapy: Psychophysiological Parameters 2. Yoga Psychotherapy Around the World 13 Ganesh Shankar 3. Effect of Yoga Practice on Personality, Emotional and Behavioural Problems 25 D.V. Venu Gopal, B.S.S. Mandal and K. Parimala 4. Effect of Yogic Practices on Psychological and Physiological Parameters 35 Awadhesh Upadhyay and M.G. Sharma 5. Effect of Emotional and Spiritual Intelligence on Psychological Well-being in Long Term Yoga Practitioners 43 Uma Mittal and Safia Akhtar 6. Efficacy of Yoga Therapy...



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