

THE
FITNESS
FIVE WEEKS TO HEALING STRESS
OPTION

BY
VALERIE O'HARA, PH.D.



Fitness Option Five Weeks To Healing Str

Valerie O'Hara



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The Living Church ,1921 *The Rural New-Yorker* ,1915 *Index Medicus* ,2004 Vols for 1963 include as pt 2 of the Jan issue Medical subject headings *Portland Transcript* ,1860 *The Ohio Farmer* ,1908 **Moore's Rural New-Yorker** ,1917 The Fitness Option Valerie O'Hara,1990 In an easy to follow five week format utilizing over 150 illustrations 160 photographs 16 charts the author Dr Valerie O Hara presents gentle physical exercises including specific tension releasers for the neck shoulders lower back breathing techniques imagery strategies for wellness behavioral psychological methods of recovery perceptual reframing to help readers develop effective coping skills for managing stress The author brings to her writing more than 25 years of research counseling teaching experience She has a Ph D in psychology is a California licensed psychotherapist nationwide fitness stress management consultant yoga instructor was a nationally recognized figure skater trainer The book explores the psychology of health immunity illness combining the tools of yoga with western research With over 85% of today s illness stress related The Fitness Option Five Weeks to Healing Stress offers a timely solution This user friendly self improvement book of 208 pages is available for 13 95 through book stores nationwide or it can be ordered directly from La Jolla Institute for Stress Management by adding 3 00 for shipping handling Contact them at 14618 Tyler Foote Road Ste 206 Nevada City CA 95959 or call toll free 1 800 869 0581

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