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" Yoga as Medicine is a powerfully clear, accessible and practical guide to creating a vibrantly healthy body, mind, and spirit. What a tremendous contribution to healing and human potential!"—Joan Borysenko, PhD, author of *Minding the Body, Mending the Mind*

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The book is divided into three parts: Yoga as Medicine (what yoga can bring to the table as health care), The Practice of Yoga (nuts and bolts of what yoga is about - wonderful section included about all the different styles of yoga), and Yoga Therapy in Action (where a number of different health issues are examined).

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Dr. McCall is the medical editor of Yoga Journal and many readers are familiar with his excellent articles in that prestigious publication. In 2002, Yoga Journal asked Dr. McCall to write a book on yoga therapy, but he was already working on Yoga as Medicine for two years.

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