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BOOK HEALING YOGA FOR NECK

& SHOULDER PAIN: Easy, Effective

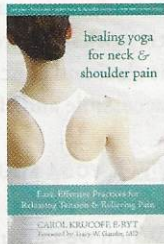
Practices for Releasing Tension &

Relieving Pain, by Carol Krucoff. New

Harbinger Publications; newharbinger.com

Carol Krucoff is a yoga therapist at Duke Integrative Medicine in Durham, North Carolina, and the founding editor of the *Washington Post's* Health section.

A practitioner for more than 30 years, she has written articles for the *New York Times*, *Glamour*, *Self*, *Reader's Digest*, and *Yoga Journal*. Her book begins with four chapters that address the anatomy of the neck and shoulders, the "emotional connections" in that area, the role of stress in pain, practical daily postural guidelines, and the way yoga (or, more accurately, asana and asana-based



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exercises) can help relieve pain. Chapter 5 presents 38 accessible asanas and related exercises. Among the former are mainstays like Mountain, Tree, and Bridge Poses; the latter consist of simple movements, many performed sitting on a chair or lying on the floor. The book concludes with a "neck check" that offers eight strategies for long-term self-care.

As a fix-it-yourself handbook for mild to moderate neck or shoulder pain, or as a guide to preventive measures that will nip pain-causing misalignments in the bud, this book is an excellent choice. The introductory material puts the therapeutic work in its proper context, the writing is clear and concise, and the exercises are accessible and effective. RICHARD ROSEN

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