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Yoga for Fibromyalgia: Move, Breathe, and Relax to Improve Your Quality of Life

Shoosh Lettick Crotzer

Rodmell Press (2008)

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Reviewed by Randy A. Lakin for RebeccasReads (6/08)

Shoosh Lettick Crotzer's new book hits the spot for those suffering with Fibromyalgia. The combination of her knowledge of training in Iyengar style Yoga that she began in India in 1974 and her master's degree in diagnostic education has enabled her to write this book that covers different poses for those in pain. When most individuals think of yoga they think of someone standing on their head stretching their limbs in all sorts of shapes. "Yoga for Fibromyalgia" is not one of those books. Shoosh has done work for the Arthritis Foundation and the National MS Society. Through this experience she understands how hard it is for many individuals to exercise and she understands the body's need for exercise.

Though her continued work with students and their fibromyalgia symptoms has enabled her to develop the adaptive yoga poses used in this book. These sets of yoga asana (poses) that she has laid out in her new book have taken traditional yoga and transformed it into something that everyone can use, no matter what the level of pain may be. In my personal opinion, I think this book will be great for anyone with fibromyalgia, arthritis or low back pain. After five back operations I tried nearly every asana and exercise personally and was able to do them all.

The book itself is laid out so it is easy for anyone to follow. The pictures clearly show what the asanas (poses) look like and the descriptions of each asana or exercise make it so you can do these on your own. After a few weeks of doing the yoga set out in this book I think you will see a difference. Trust me I know what it is to live your life in constant pain. If not for yoga, I would most likely be in the wheelchair that the doctors told me I would end up in five years ago. You cannot go wrong with Shoosh's book; this one is a winner for those in pain from fibromyalgia. It's a must for the bookshelf of anyone who would like to be healthier, but is in need of help.

