



Yoga for Men: A Workout for the Body, Mind, and Spirit

Bruce Van Horn

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From the moment the alarm clock sounds to the time his head hits the pillow again, the typical man experiences dozens of stressful events every day. Whether it's tight finances, employment insecurity, challenging family issues, or all of the above, the majority of men fail to cope with such stress in a healthy way. *Yoga for Men* equips men with the yoga know-how to improve their physical, mental, and spiritual health. An increasing number of men are tapping into the power yoga can release within them. *Yoga for Men* homes in on yoga techniques that address issues of specific concern to today's males, including reducing the risk of prostate cancer, decreasing daily tension, increasing sexual performance, improving metabolism, and enhancing flexibility and muscle mass. Using a plain-English, straightforward approach, author Bruce Van Horne walks male readers through yoga tips that will help them get into better shape, release fears that are blocking personal goals, and enjoy life more fully.

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