



# **Meditations for Addictive Behavior - A System of Yogic Science with Nutritional Formulas**

*Mukta Kaur Khalsa Ph.D*

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**Meditations for Addictive Behavior - A System of Yogic Science with Nutritional Formulas** Mukta Kaur Khalsa Ph.D

Learn the Super Health way from Recovery to Self Discovery with specific meditations and nutritional formulas for behavioral addictions and lifestyle changes.

*Meditations for Addictive Behavior* is a system of yogic science to inspire and uplift the human spirit. These simple techniques will help break habits, tendencies and addictions. It contains 12 specific meditations with delicious nutritional formulas and inspirational quotes. It is effective with today's behaviors linked to smoking, food, alcohol, drugs, co-dependency, stress, anxiety, depression and many others. This technology provides the psychological edge necessary to remain calm and non-reactive under challenging situations and protect oneself from the pressures of society. It is our belief that the human potential of each individual is unlimited.

These meditations create a relationship with one's higher consciousness and instill the dignity of self-autonomy. Healthcare professionals, people in recovery, yoga practitioners and individuals looking for a self-exalted experience will find this book an inspiring introduction to life-changing habits.

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