

“Amy Weintraub brings her yoga mastery together with science and psychological wisdom to offer us this *Yoga for Your Mood Deck*... a beautiful, practical, and powerful support for healing and awakening.”

—Tara Brach, PhD, author of *Radical Acceptance* and *Radical Compassion*

YOGA FOR YOUR MOOD DECK

52 Ways to Shift Depression and Anxiety

by Amy Weintraub; illustrated by Juliet Percival

On sale August 10, 2021 – Sounds True Card Deck

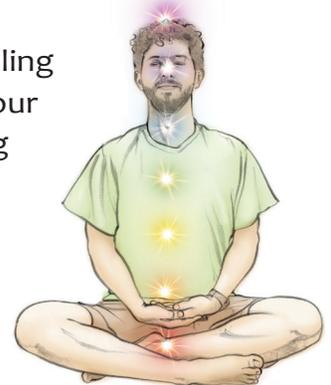
Manage your mood with simple breathing and physical exercises drawn from the yoga tradition—no mat required.

Though it isn't often discussed, mental health disorders are far more common than you might think. More than 40 million Americans suffer from anxiety, while depression is the leading cause of disability worldwide. Studies show that medications for these conditions can be less effective than a placebo. So what can you do when your mood feels unmanageable?

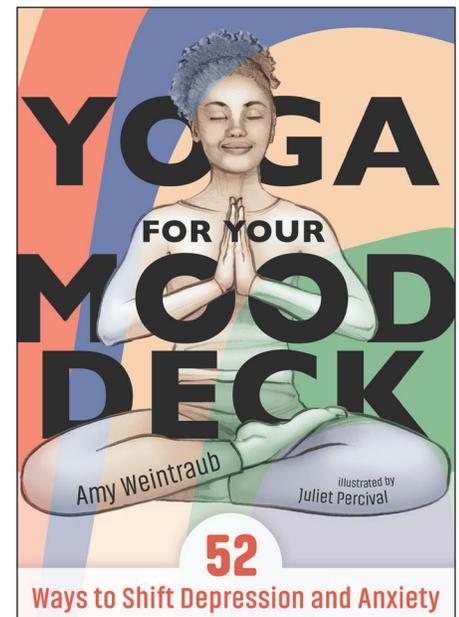
With the *Yoga for Your Mood Deck: 52 Ways to Shift Depression and Anxiety* (On Sale August 10, 2021; Sounds True Card Deck), certified yoga therapist Amy Weintraub provides a unique and welcoming approach to fostering inner balance and mental stability. These beautifully illustrated cards offer simple breathing protocols, basic stretches, and traditional hand gestures known as mudras—all of which have been curated to soothe, energize, or integrate your emotional state.



Each card is color coded and numbered for easy access. Feeling **blue**? You might need to pull a **calming blue card** to meet your mood first, and then a **red one** to elevate it. Is anxiety paying an unwelcome visit? Try an energizing **red card** breathing practice followed by a calming **blue card** relaxation pose. **Green cards** offer grounding practices to close your mini yoga session.



Appropriate for in-the-moment interventions or creating your own daily practice, the *Yoga for Your Mood Deck* brings expert, evidence-based guidance out of the studio and into your hands.



About the Author:

Amy Weintraub, MFA, E-RYT 500, C-IAYT, YACEP, the founder of the LifeForce Yoga® Healing Institute, is a pioneer in the field of yoga and mental health. Her evidence-based yoga protocol for managing mood is used in health-care settings and offered in professional trainings worldwide. The creator of the award-winning *LifeForce Yoga* audio and video series, she is the author of *Yoga for Depression*, *Yoga Skills for Therapists*, and *Temple Dancer*, a novel. For more, please visit amyweintraub.com.



Advance Praise for Yoga for Your Mood:

“Millions of people practice various forms of yoga because it helps them feel more embodied and connected to their source. For many years, yoga master Amy Weintraub has been determining which poses affect specific mood states. The result, LifeForce Yoga, has become a widespread method used by people with mood issues to feel less dominated by the parts of them that they had felt powerless to deal with. To simplify this practice, she created this beautifully illustrated deck of cards with a pose on each and clear instructions on how to use it to separate from your anxious or depressed or ungrounded parts and have more access to your calm, compassionate, and clear Self. If you are struggling with your moods, these cards are a highly valuable resource as a daily practice and/or as an adjunct to your psychotherapy.”

—**Richard Schwartz, PhD**, developer of Internal Family Systems, author of *No Bad Parts*

“Amy Weintraub captures such yoga joy in these postures and breath and sound practices! She makes yoga accessible and enticing to try with clear artwork and descriptions. Everybody can find the cards that are the right fit for their own body type and condition.” —**Julie Carmen**, actress, psychotherapist, yoga therapist

“Self care is health care and we need self-care practices now more than ever. Whether you need to calm yourself, or lift your spirits, this card deck offers simple practices you can do anytime, anyplace, anywhere to balance your mood. The best part is, you can carry it with you wherever you go.”

—**Gail Parker, PhD, CIAYT, E-RYT 500**, author, *Restorative Yoga for Ethnic and Race-Based Stress and Trauma*, President, Black Yoga Teachers Alliance

“What a wonderful gift! Amy offers us simple and fun ways to balance any mood. Make these cards your constant companions; practice anywhere, anytime. In a world where circumstances can provoke mood changes in an instant, the simple practices will help you to cope and restore your mental and emotional health.” —**Nischala Joy Devi**, author of *The Secret Power of Yoga and Meditation in the Yoga Tradition*

“Amy Weintraub’s *Yoga for Your Mood Deck* offers an evolved form of yoga practice to live peacefully, find contentment with all that is, and move toward alignment with self. Easy to understand and utilize, it guides yoga asana, pranayama, and mudras beneficial for all levels; I highly recommend it. The *Yoga for Your Mood Deck* also promotes Equity by using diverse and inclusive images throughout. Well done, Amy!”

—**Maya Breuer, E-RYT 500, YACEP**, VP Cross-Cultural Advancement, Yoga Alliance, Co-Founder, Black Yoga Teachers Alliance

“Weintraub brings her decades of experience and teaching of yoga in a simple format. It is remarkable how she has created such short and simple practices that have the potential to change one’s mind and heart within minutes. The card format makes it easy to pick up a card daily or anytime a shift is needed, and the information is so easy to digest and practice with. I will be putting the deck on my desktop at work and using them often!” —**Amy Wheeler, PhD**, Past President of the International Association of Yoga Therapists (2018-2020), Founder of Optimal State Yoga Therapy

