



# **Bulimia Come lo yoga mi ha aiutato (Italian Edition)**

*Roberta Grova*

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A 20 anni ho avuto la bulimia. Lo yoga mi ha aiutato tanto. Oggi sono un'insegnante yoga. Alla luce di quella esperienza ho scritto questo libro, con la speranza che anche voi possiate trovare nello yoga un valido sostegno. Basta veramente poco per svolgere gli esercizi indicati nel libro. Sono sufficienti abiti comodi, un tappetino e un angolo in una stanza. Non ponetevi obbiettivi irraggiungibili ma neanche limiti dettati dalla vostra mente.

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