

# **Mp3 Boris Pisman, Ms - Yoga-based Treatment Program For Ocd And Anxiety**

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Self-help program for Obsessive-Compulsive Disorder and anxiety 5 MP3 Songs NEW AGE: Healing,  
SPOKEN WORD: Instructional Details: This CD is tailored to individuals without any yoga experience and presents twenty minutes daily program of yoga psychology and philosophy to help reduce symptoms of OCD and Anxiety consisting of intrusive thoughts, worries, images and compulsions. The CD is a culmination of the author's twenty years of yoga practice, training and teaching as well as his CBT work at the Anxiety Phobia Treatment Clinic at White Plains Hospital Center .

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