

BIBLIOGRAPHY

BOOKS

- Alain Danielow, *Yoga: The Method of Re-integration*, (New York: The Murray Printing Company, 1955), p. 26.
- Anandakumar, (1986), **Yoga: A Way of Life**, Calcutta, Vivekananda Kendra Yogas Publication, p.126.
- Andre van Lysebeth, (1987) ,**Yoga Self-taught** ,Delhi, Tarage Paper Back, , p. 17.
- Bharati Joshi, (2005), **Yoga for everybody** , New Delhi, Rupa publishers,p.9.
- Bryant J. Cratty, (1983), **Psychology in Contemporary Sports**, (2nd ed), New Jersey: Prentice Hall, Inc., , p.96
- Chandrasekaran, (2012), **Principles and Practice of Yoga Therapy**, (1st ed), Chennai, VHF Publications.
- Charles Batch,(1987).**Yoga for Everyone**, Delhi ,Orient Paper Books.
- Dorling Kindersley, (1996), **Yoga Mind and Body**, London: Sivananda Yoga Vedanta Centre.
- Elangovan E.R. and S. Babu, (2011), **Effect of Yogic Practices on Selected Bio-Chemical Variables of Obese College Man**, Facts of Sports Science, Krishna Publications, Tirunelveli. pp. 22 – 26.
- Geore M M., (1984), **Anatomy and Physiology of Yogic Practices**, Lonavala, Kanchan Prakashan Publication.
- Gharote, M.L. (1974) ,**Guidelines for Yogic Practices** , Lonavala, Medha Publications.
- Goldenson R M., (1984), **Longman Dictionary of Psychology**, Newyork, Long man Publishing Company.
- Gopaalananda B, (2007), **Simple Techniques of Yoga for Women** ,Chennai , New Century Book House Pvt Ltd. 2nd ed p.2.
- Gore M, (1991), **Anatomy and Physiology of Yogic Practices** , Lonavala, Kanchan Prahasan, p.p.83-84.
- Harold Varley, (1988), **Practical Clinical Biochemistry** , New Delhi, S.K. Jain Publishers and Distributors.

- Harrison H. Clarke and David H. Clarke, (1972), **Advanced Statistics with Application to Physical Education**, Englewood Cliffs, N.J. Prentice Hall Inc., 10.
- Harry Ceal Myld and Eric H. Partridge (ed), **Webster Universal Dictionary**, (Bombay: The Tulsi Shab Enterprises, 1970), p. 1738.
- Hema . S,(2003),**Yoga For Health**, Chennai, Tara Yoga Publications, India
- Hewitt, James, (1985), **The complete yoga book**, London, Rider publishing company.
- Iyengar B.K.S., (1993), **The Art of Yoga** ,New Delhi, Harper Collins Publishers, p.13 – 14.
- Iyengar, B.K.S., (1992), **Light on Yoga**, New Delhi, An Imprint of Harpes Collins Publishers, India Pvt. Ltd.
- Jack Peter, (2006) , **Master the Yogic Power**, Delhi, Punithi, Abishek Publication, P.37.
- Jain J.L., (2007),Sanjay Jain and Nitin Jain, **Fundamental Biochemisrty** 1st ed. ,New Delhi , S.Chand and Company Limited
- James Hewitt, (1985), **The Complete Yoga Book** , London, Reder and Company, 20.
- Kundu and D.N. Tutoo, (1991), **Educational Psychology**, New Delhi, Sterling Publishers Private Limited , p.517.
- Kuppuswamy, (1993) , **Advanced Educational Psychology** ,New Delhi, Sterling Publishers Pvt. Ltd., , p.382.
- Mia, Tillie, (1972), **Get in Touch with yourself through Yoga**, Jangpura, New Delhi, Vikas Publishing Houses Pvt. Ltd., .
- Mickel Kent (ed), **The Oxford Dictionary of Sports Sciences and Medicine**, (Oxford: Oxford University Press, 1994), p. 462.
- Moorthy, A.M. and J. David Manuel Raju, (1991), **Yoga for Health** , Madras: Padmini Publication.
- Park K, (2000)**The Text Book of Preventive and Social Medicine** 16th ed. Banarsidas, Bhanot Publishers, Jabalpur , India,
- Peter Sonksen ,Dr.Charles Fox,Sue Judd.((2004), **Diabetes At Finger Tips**, New Delhi, B.Jain Publishers(P) Ltd.

- Petrovsky A.V. and M.g. Yarioshevsky, (1987) , **A Concise Psychological Dictionary**, Moscow, Progress Publishers, , p.97.
- Ramakrishnan S., et.al, (1980),**Textbook of Medical Biochemistry** , Madras, Orient Langman limited, , P.135.
- Rishi Prabhakar, (1994) , **Introduction to Siddha Samathi Yoga**, Pune, Rishi Samaskrutha Vidhya Kendra, ,p.23.
- Robert V. Hockey, **Physical Fitness: The Pathway to Healthful Living**, (St. Louis: C.V. Mosby Year Book Inc., 1993), p. 342.
- Robin Monro , **Yoga Therapy For NIDDM**, a controlled trail, Bengaluru, Complimentary Medical Research, published by S-VYASA,6:66-68.
- Satya Pal, Dholan Dass Aggarwal , (2010),**Yogasanas adnd Sadhana**, New Delhi, Published by Pustak Mahal.
- Satya Prakash Saraswati, (1975) **Patanjala Raja Yoga**, New Delhi, S.Chand & Co. (Pvt) Ltd .
- Sharma, P.D. ,(2000), **Yogasana and Pranayama for Health**, New Delhi, Navneet Publication (India) Limited.
- Sivananda Yoga Vendanta Centre, (1996),**Yoga mind & Body**, Montreal, Canada, Dorling Kindersley Ltd.
- Spear.P.D., Penrod, S.D., Baker, T.B., (1988), **Psychology Perspectives on Behaviour**, New York, John wiley and sons,
- Sreekumar, J.P. (1968), **Simple Yoga**, Madras, Yoga Brotherhood Publishing,,
- Stephen worchel and wayne Shebilske, (1983) , **Psychology, Principles and Applications** (2nd ed), New Jersey , Prentice Hall, Englewood Cliffs, , p.375.
- Swami Mumukshananda , (2005), **Meditation and its Preparation**, Kolkata, Advaita Ashrama Publication Department.
- Swami Pavithrananda, **Commonsense About Yoga**, (Himalayas: President Advara Ashram, 1985), p. 6.
- Swami Satyanada Saraswathi, (1961), **Asana Pranayama**, Bihar, Mudra and Bandha Publications, p.223.
- Swami Shankardevananda,(2007), **Yogic Management of Asthma and Diabetes**. Bihar, Yoga Publications Trust.

Swami Sukhabodhananda, (2002), **Stress Management**, Bangalore, Published by Prasana Trust.

The Encyclopedia Americana, (Connecticut: Grolier Incorporated, 1984), p. 625.

Thirumoolar, (1962), **Thirumanthram**, Madras, Varthaman Publication, p. 252.

Thomas M. Evlin, (2002), **Textbook of Biochemistry with Clinical Correlations**, 5th ed. United States of America, A John Wiley and Sons, Publication .

Tietz N , (1976), **Fundamental of Clinical Chemistry** , Philadphhia: W.S Saunders Company, pp.809-861.

Turner E., (1971) , **Personal and Community Health** , St.Louis , The C.V. Mosby Company, p.10.

Vivekananda Kendra Prakashan,(2006),**Yoga An Instruction Booklet**, Chennai, Published by Vivekananda Kendra Prakashan Trust.

Yogeswar, (1986), **Simple Yoga and Therapy**. Madras, Gnanodaya Press

JOURNALS

Aellen, R., W. Hollmann and U. Boutellier, (1993), — Effects of Aerobic and Anaerobic Training on Plasma Lipoproteins□, **International Journal of Sports Medicine**. 14:7,

Amitha S , et. al, (2009), — Effect of Yoga-Nidra on Blood Glucose Level in Diabetic Patients□, **Indian Journal of Physiology and Pharmacology**, 53(1),: 97-101.

Asnani V, et. al, (January 2001), — Effect of Yogic Exercises on Physical and Mental Health of Young Fellowship Course Trainees “, **Indian Journal of Physiology and Pharmacology**, 45(1),: 37-53.

Balaji P A, Smitha R Varne, and Syed Sadat Ali (2012)., Physiological Effects Of Yogic Practices And Transcendental Meditation In Health And Disease, **North American Journal Medical Science**, 442–448.

Bhargava, R., Gogate MG and Mascarenhas JF, (Oct-Dec 1988), —Automatic responses to breath holding and its variations following Pranayama□ , **Indian J. Physiol. Pharmacol**, 32:4, , pp.257-264.

Bijlani R.L. et al., (April 2005) ,□ A Brief but Comprehensive Lifestyle Education Program Based on Yoga Reduces Risk Factors for Cardiovascular Diseaseand Diabetes Mellitus□ , **Journal Altern. Complement Med.**, 1(2), , p.267-74.

- Brown R.P and Gerbang(2005)., —Sudarshan kriya yogic breathing in the treatment of stress, anxiety and depression□. **Journal Columbia college of Physicians and surgeons**, USA,(2);3834.
- Brown R.P. and Gerbang P.L. (2009) .,□ Yoga breathing is an important part of health and spiritual practices in. Indo-Tibetan traditions□. **Journal Altern complement Med.**11(2); 383-4
- Brue D. Kirkclady, (March 1980) “An Analysis of Relationship Between Psycho Physiological Variables Connected to Human Performance and the Personality Variables on Extroversion and Neuroticism”, **International Journal of Sports Psychology**, , pp.276-289.
- Byron Nelson McClanney, (October 1969) “A Comparison of Personality characteristics, Self Concepts and Academic Aptitude of Selected College Men Classified According to Performance on Test of Physical Fitness□, **Dissertation Abstracts International journal**, **30**, p.1425.
- Brooks Gunn.J., and Lewis, M., (1984) ,—The development of Early Visual Self – Recognition□, **Deveopmental Review**, 4. pp.215-239.
- Claridge, (March 1980) , “An Analysis of the relationships between psycho-physiological variables connected to human performance and thepersonality variables extroversion and neuroticism,□ **International Journal of Sports Psychology**, , p.276.
- Chen H.D, C K Shaw, W P Tseng, H I Chen, M L Lee, (1998), —Prevalence of diabetes mellitus and impaired glucose tolerance in Aborigines and Chinese in eastern Taiwan. 01/; 38(3):199-205.
- Carlson L. E, et. al., (October 2006) ,□ A Pilot Study of Yoga for Breast Cancer Survivors: Physical and Psychological Benefits□ , **Psycho oncology** 15(10),: 891-7.
- Calbet, J.A. *et al.*, (April 2006) “Importance of Hemoglobin Concentration to Exercise, Acute Manipulations”, **Respir. Physiol. Neurobiol.**, 151(2-3), p. 132-40 (PMID: 16516566).
- Chen, et. al K. M, (October 2008),□ Physical Fitness of Older Adults in Senior Activity Centres after 24-Week Silver Yoga Exercises” , **Journal of Clinical Nursing** 17(19),: 263-46.
- Chaya M.S. and Kurpad A.V, (August 2006) ,□The Effect of Long Term Combined Yoga Practice on the Basel Metabolic Rate of Healthy Adults”, **BMC Complement Alter Med.**, 6(28), (PMID: 16945127)
- Dharamvir Ranjan Bharati, Ranabir Pal, R. Rekha, Mausumi Basu , (2011), —Prevalence and determinants of diabetes mellitus in Puducherry, South India”, **J Pharm Bioallied Sci**, 3(4): 513–518.

- Dengel, D.R. et.al, (Sept.1998), —Improvements in Blood Pressure, Glucose Metabolism and Lipoprotein Lipids after Aerobic Exercises plus weight loss in obese, Hypertensive middle aged Men □ ,**Metabolism**,47:9, p.1075-82.
- Damodaran A, et.al., (May 2002), □ Therapeutic Potential of Yoga practices modifying Cardiovascular Risk Profile in middle aged Men and Women □, **J.Assoc.Physicians India** , 50:5, ,p.631-632.
- Dhananjai, S., et al., (2010), —Effect of Yogic Practices on Physical and Biochemical Parameters in Obese □, **International Symposium on Yogism**, p.3.
- Eriksson J.G., (June 1993) —Exercise and the Treatment of Type II Diabetes Mellitus an Update □ **Sports Medicine** 27:6,: 381-391.
- Gore M.M., (1987-88) , —Yogic Treatment for Diabetes “, **Yoga Mimamsa** 28:3 and 4,:130-146.
- Gopal K. S., et.al., (1973) “Effect of yogasanas and pranayama on Blood Pressure Pulse Rate and some Respiratory Function □, **Indian Journal of Physiological Pharmac.**, 17
- Gilliam, T.B. and Burke, M.B. (1978) —Effect of exercise on serum lipids and lipoproteins in girls ages 8 to 10 years”, **Artery** 4 (1978): 203-213.
- Gimbel M. A. (December 1998) , —Yoga, Meditation, and Imagery: Clinical Applications □ , **Nurse Practitioner Forum** 9(4),: 243-55.
- Harinath K., et. al., (April 2004) ,” Effects of Hatha Yoga and Omkar Meditation on Cardio respiratory Performance, Psychologic Profile, and Melatonin Secretion”, **Journal of Alternative and Complement Therapies in Health and Medicine** 10(2), pp,261-268.
- Hafner-Holter ,M.Kopp and V.Gunthar (2009),. —Effects of fitness training and yoga on well being Stress, Social competence and body image □.**International Journal of Public Health Research**.Vol 4 No 1 2014-56
- Jain,S.C, and Mukerjee A, (December 2002), —Effect of yoga conditioning in Type II diabetes mellitus”, **A world Health Organisation project**.
- Hamsley, Rita Elisabeth, (Jun 1992) —Academic Self-concept in adolescents: Causes and consequences”. **DAI**, Vol.52, No.12., pp.42-92.
- Isabel C. D. Ribeiro , (2008), Rodrigo T. Iborra, ”HDL Atheroprotection by Aerobic Exercise Training in Type 2 Diabetes Mellitus □, **Med Sci Sports Exerc.**, 40(5)

- Javubakht M, Hejazi Kenari R, Ghasemi M , (2009)., □ Effects of Yoga on depression and anxiety women □. **Journal of Psychiatry Department of Islamic Azad University**, marshad branch-22, Bahman Hospital, mashad, Iran. 15 (2); 102-4.
- Kanstrup I.L and Ekblom B, (June 1984), —Blood Volume and Hemoglobin Concentration as Determinants of Maximal Aerobic Power □, **Journal from Medicine Science and Sports Exercise**, 16 (3), p. 256-62 (PMID: 6748923).
- Kerstin Stoedefalke, (2007), —Effects of exercise training on blood lipids and lipoproteins in children and adolescents □, **Journal of Sports Science and Medicine**, 6.
- Kocher, (1972), Conducted a study on —Yoga practices as a variable in Neurotism, Anxiety and Hostility □, **Journal of Yogamimamsa**, XV:2, pp.37-46.
- Kosuri M, Sridhar GR (2009)., —Yoga Practice in Diabetes Improves Physical and Psychological Outcomes □. Yoga and diabetes group, Institute of Yoga and Consciousness, Visakapatnem , India. **Journal of Medical Science monitor**.
- Madanmohan et. al, (October 2003), □ Effect of Yoga Training on Handgrip, Respiratory Pressures and Pulmonary Functions □ , **Indian Journal of Physiology and Pharmacology**, 47(4), , p.387-92.
- Malhotra V, (July 2002), □ Study of Yogasanas in Assessment of Pulmonary Function in NIDDM Patients”, **Indian Journal of Physiological and Pharmacology**, 46(3), :313-320
- Mahajan A. S , Reddy K.S , and Sachdeva U , (1999), □ Yogic Lifestyle Intervention Lipid Profile of Coronary Risk Subjects □ , **Indian Hear Journal**, pp.37-40.
- Malhotra, et. al., (December 2005) , □ The Beneficial Effect of Yoga in Diabetes”, **Nepal Medical College Journal** 7(2), 145-7.
- Manjunatha S., et. al., (2005), —An Investigation into the Acute and Long -Term Effects of Selected Yogic Postures on Fasting and Postprandial □ **Indian Journal of Physiology and Pharmacology**, 49(3):319-24.
- Manchanda, S.C., et.al., (July 2000) , □ Retardation of Coronary Atherosclerosis with Yoga Lifestyle Intervention □, **Journal Assoc. Physicians India**, 26:8, p.687-94.
- Morris P.R. and C. Rose, (1983), —Progressive Relaxation to Reduce State Anxiety || , Anxiety in sport, Erwin Apitzsch, Budapest, **PEPSAC** , , p.43.

- Mahmoud S. El-Sayed and Angelheart J.M. Rattu, (April 1996), —Changes in lipid profile variables in response to submaximal and maximal exercise in trained cyclists”, **European Journal of Applied Physiology**, Vol. 73, No. 1-2 pp.88-92.
- Misra P,Upadhay RP, Misra A, Anand K.. (2011), —A review of the epidemiology of diabetes in rural India □. **Indian journal Med** 92(3):303-11.
- Mohan V,Sandeep S,Deepa R, Shah B and Varheese C,(2007), —Epidemiology of Type 2 diabetes Indian Scenario □, **Indian journal Med Res** 125,pp217-230.
- Murugesan, R., Govindarajulu N and Bers, TK., (Apr,2000), — Effect of selected Yogic practices on the management of Hypertension □, **Indian J. Physiol. And Pharmacol.**, 44:2,p.207-10.
- Nayar M.S. et. al, (1975), —Effectsof Yogic Exercises on Human Physical Efficiency”, **Indian Journal of Medicine Research** 63: pp.1369-1375.
- Nieman, D.C.et.al., (December 1993) “Physical activity and serum lipids and lipoprotein in elderly women”. **Journal of Am.Geriator Soc.**,p.1339-44
- Oken B. S., et. al., (February 2006), —Randomized, Controlled, Six-Month Trial of Yoga in Healthy Seniors: Effects on Cognition and Quality of Life”, **Alternative Therapies in Health and Medicine** 12(1),:40-7.
- Ott, J., Greening, L., Palardy, N., & Holderby, A (2000), □ Self-efficacy as a mediator variable for adolescents’ adherence to treatment for insulin-dependent diabetes mellitus □, **Journal on Children □s Health Care**, 29, 47-63.
- Prashad O, (June 2004), —Role of Yoga in Stress Management|| , **West Indian Medicine of Journals** 53(3),: 191-4.
- Puri S, M Kalia, H Swami, A Singh, Abhimanyu, C Mangat, A Kaur, S Kaur. (2006) —Profile of diabetes mellitus in elderly of Chandigarh, India ||, **The Internet Journal of Endocrinology**, Volume 4 Number 1.
- Praveenakumar S.G ,Dr.A.G.Bujurka,Dr.LaxmikanthRathod.(2011), ||Effect of Yogic Pranayama and Meditation on Selected Physical and Physiological Variables ||. **Asian journal of Physical education and computer science in sports**,Vol4,No1,pp,476.
- Prasad KVV, Sunita M .Raju PS, Reddy MV, Sahay BK, Murthy KJY, (Feb. 2006), “Impact of Pranayama And Yoga on Lipid Profile In Normal Healthy Volunteers ||, **Journal of Exercise Physiology**, Vol. 9 No. 1:pp.1-6.
- Reshma S Patil1, Jayashree S Gothankar,(2013), —Prevalence Of Type-2 Diabetes Mellitus And Associated Risk Factors In An Urban Slum Of Pune City, India || . **National Journal Of Medical Research print** ISSN: 2249 4995, eISSN:2277 8810 Volume 3,Issue 4. Page 346.

- Ravi Prakash Upadhyay, Puneet Misra, Vinoth G Chellaiyan, Timiresh K Das, Mrinmoy Adhikary, Palanivel Chinnakali, Kapil Yadav, (2013), —Burden of diabetes mellitus and prediabetes in tribal population of India”, **Diabetes research and clinical practice** 07/2013; • 2.74
- Robson R ., (2011), □A Critical Assesment of the Acute Effects of Yoga and Cardiovascular Exercise on markers mood and stress□. **Journal from Department of Health Sciences** , University of York,U.K. 1:14.
- Rashmi Vyas, Kanti V. Raval and Nirupama Dikshit, (2008) , —Effect of Raja Yoga Meditation on the Lipid Profile of Post – Menopausal Women”, **Indian Journal of Physiology and Pharmacology** 52(4), PP. 420-424.
- Samprasad D. Vinod. et al., (1991), “Evaluation of Effect of Yoga and Anxiety in youth in Return of Anxiety”, **Inducing Areas of Life Yogaminansa**, Vol.30, pp.25-35.
- Savita Singh, Tenzin Kyizom, K. P. Singh, O. P. Tandon, and S. V. Madhu’, (Oct 2008), **Indian Journal on Clinical Biochemistry** , Dilshad Garden, Delhi- 95, India,. ; 23(4): 365–368.
- Saraswati Swami Niranjananda., (April 2002),**Journal on Diabetes Research Report by Yoga Research Foundation.**
- Singh P.S. and R.K. Ganjoo, (April 2005), —Role of Pranayam in Type II Diabetes Mellitus “, **Journal of Association of Physicians of India** P. 53.
- Singh, et. al., (March, 2004), —Role of Yoga in Modifying Certain Cardiovascular Functions in Type II Diabetic Patients” , **Journal of Physicians of India** 52, PP.203-206.
- Sahay B.K. et. al., (1988), □Long Term Follow-up Studies of 30 Diabetics on Yogic Practices “, **journal from Yoga Mimamsa** 27:1 and 2,:20-21.
- Sahay BK, Murthy KJR, Raju PS et. al ., (1991),” Effect of yogis practices on the exercise tolerance in diabetes”, **Journal of the Associations of Physicians of India**
- Sahay B.K., (February 2007), —Role of Yoga in Diabetes “, **Journal of the Associations of Physicians of India** 55,:121-6.
- Schell F, Allolio B, Schonecke O, (1994), —Physiological and Psychological effects of Hatha-Yoga exercise in healthy women”,(clinical Trail, Controlled Clinical Trail. **Journal Article**). Int J Psychosom; 41; 46-52.
- Smith C, et. al., (June 2007), —A Randomised Comparative Trial of Yoga and Relaxation to Reduce Stress and Anxiety” , **Journal from Complement Therapies in Health and Medicine** 5(2),: 77-83.

- Shaw, K. *et al.*, (October 2006) “Exercise for Overweight or Obesity”, **Cochrane Database Syst. Rev.**, 18(4), , p. CD003817.
- Sharma R, Gupta N, Bijlani RL. (2008)., □ Effect of yoga based life style intervention on subjective well being” **Indian J Physiol Pharmacol.**52(2):123-31.
- Telles S.*et.al.*, (Feb, 1997), □ Comparison of changes in autonomic and respiratory parameters of girls after yoga and games at a community home “,**Indian J Physiol Pharmacol**, 84:1, , p.251-7.
- Tucker I.A , (1983) —Muscular Strength and Mental Health|| , **Journal of Personality and Social Psychology**, Vol.46(6), pp.355-1360.
- Udapa K.N ,*et.al.* (1975), “A Comparative study on the Effect of some individual yogic Practices in normal persons”, **Research quarterly**, 63 pp.166-171.
- Viswanathan Mohan, Siddart shah, Banshi Saboo,(2013), ||Current Glycemic Status and Diabetes Related Complication Among Type 2 Diabetes patients in India”, **Journal Supplement to Japi**,vol .61.
- Yadav RK, Ray RB, Vempati R and Bijlani RL., (2005), —Effect Of A Comprehensive Yoga Based Life Style Modification Program on Lipid Peroxidation”, **India Journal Physiology Pharmacology.**, 49(3), pp.358-362.
- Yeater R.A , *et. al.*, (1990), —Coronary Risk Factors in Type2 Diabetes: Response to Low-Intensity Aerobic Exercise ||, **W.V.Medical Journal**, 86(7) : 287-290.

UNPUBLISHED THESIS

- Chinnaswamy, (July1992), —Effect of Asana and Physical Exercises on Selected Physiological and Bio-Chemical Variables”, **Unpublished Masters Dissertation**, Alagappa University, Karaikudi, India.,
- Packiam Amulraj, (1984), —Effect of Selected Yogic Exercises on Blood Sugar on Diabetic Patients”, **Unpublished Master and Philosophy Dissertation**, University of Madras.
- Sakthignanavel, (1995), — Effect of Continuous Running, Yogic Pranayama, And Combination of Continuous Running and Yogic Pranayama Exercises On Cardio- Respiratory Endurance ,Selected Physiological And Psychological Variables”, **Unpublished Doctor of Philosophy Dissertation**, Annamalai University.

WEB SITES

<http://www.answers.com/self-concept?Cat>

<http://www.blissfulbodyyoga.blogspot.com>

<http://www.brainyquote.com>

<http://www.diabetes.org>

<http://www.globalhealingcenter.com/naturalhealth/quotes-about-health>

<http://www.goodreads.com/quotes/tag/stress>

<http://www.healthline.com>

<http://www.japi.org>

<http://www.medterms.com>

<http://www.mindbodygreen.com/0-5315/10-life-changing-tips-inspired-by-b.k.s-iyengar.htm>

<http://www.ncbi.nlm.nih.gov/pubmed>