



Breathe: Restoring Natural Breathing According to Your Body's Design and Improve Physical, Mental, and Emotional Health (Paperback)

By Joey Lott

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Learning how to breathe correctly can help you control stress, anxiety, tension, and more. Did you get stumped on the word learning? Because, after all, who needs to learn how to breathe, right? We do it naturally, automatically. If we didn't we'd be dead. That's true. But there are, in fact, breathing techniques - that, when applied appropriately - can help you live a more peaceful, productive, life. Knowing the difference between good and bad breathing techniques is crucial. There are plenty of books, classes, and retreats that advocate all manner of breathing techniques, so it's difficult to know where to start. In this book, all of those issues are addressed. Rather than heading to the nearest ashram or spiritually retreating into a book where you need to learn strange, unpronounceable terms, Breathe first makes sure you understand the mechanics of breathing. From there, it's a vocal hop, skip, and a jump to the technique itself. Relax, and trust your body. It's the key to good breathing. It sounds easy, but...



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