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Breathe: Restore Natural Breathing According To Your Body's Design And Improve Physical, Mental, And Emotional Health



Synopsis

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 we live in a world where external influences control so much of what we do, and yes, that includes our breathing. Breathe reveals that we are all born knowing the correct way to breathe, and there are ways to find our way back to that great breathing technique hidden deep inside us. It's simply a matter of learning the techniques outlined in this book that can help you let go and live and breathe deeply. So, don't be left breathless. Download Joey Lott's Breathe, and start the journey that will take you back to being your best self.

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