

The book was found

Breathe: The Simple, Revolutionary 14-Day Program To Improve Your Mental And Physical Health



Synopsis

Insomnia? Gone. Anxiety? Gone. All without medication. Unpleasant side effects from blood pressure pills? Gone. A cheap and effective way to combat cardiovascular disease, immune dysfunction, obesity, and GI disorders? Yes. Sounds too good to be true? Believe it. Contemporary science confirms what generations of healers have observed through centuries of practice: Breath awareness can turn on the body's natural abilities to prevent and cure illness. The mental and physical stresses of modern life, such as anxiety, frustration, sexual dysfunction, insomnia, high blood pressure, digestive woes, and immune dysfunction can all be addressed through conscious control of your breath. In addition, it can increase energy, accelerate healing, improve cognitive skills, and enhance mental balance. Yet most of us stopped breathing in the anatomically correct way, the way to take advantage of these benefits, when we were four or five years old. We now mostly breathe in a way that is anatomically incongruous and makes for more illness. Dr. Vranich shows readers how to turn back the tide of stress and illness, and improve the overall quality of their life through a daily breathing workout. In a fascinating, straightforward, jargon-free exploration of how our bodies were meant to breathe, Dr. Belisa Vranich delves into the ins and outs of proper breathing. By combining both anatomy and fitness with psychology and mindfulness, Dr. Vranich gives readers a way of solving health problems at the crux and healing themselves from the inside out. BREATHE is an easy-to-follow guide to breathing exercises that will increase energy, help lose weight, and make readers feel calmer and happier. --This text refers to the Paperback edition.

Book Information

Audio CD

Publisher: Macmillan Audio; Abridged edition (December 27, 2016)

Language: English

ISBN-10: 1427279918

ISBN-13: 978-1427279910

Shipping Weight: 8.3 ounces (View shipping rates and policies)

Best Sellers Rank: #2,088,528 in Books (See Top 100 in Books) #536 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #1081 in Books > Books on CD > Health, Mind & Body > General #2099 in Books > Books on CD > Health, Mind & Body > Self Help

[Download to continue reading...](#)

Breathe: The Simple, Revolutionary 14-Day Program to Improve Your Mental and Physical Health
Day Trading Strategies: A Beginners Guide To Day Trading (Day Trading, Trading, Day Trading

Strategies, Day Trading Books, Day Trading For Beginners, Day Trading Stocks, Options Book 1)
Taoist Breathing for Tai Chi and Meditation: Twenty-Four Exercises to Reduce Stress, Build Mental
Stamina, and Improve Your Health Pocket Companion for Physical Examination and Health
Assessment, 6e (Jarvis, Pocket Companion for Physical Examination and Health Assessment)
Focus: Best Ways to Improve Your Concentration and Improve Your Learning Day Trading: A
Beginner's Guide To Day Trading - Learn The Day Trading Basics To Building Riches (Day Trading,
Day Trading For Beginner's, Day Trading Strategies Book 1) Improve Your Sight-Reading! Piano:
Level 1 / Early Elementary (Faber Edition: Improve Your Sight-Reading) Improve Your
Sight-Reading! Piano: Level 2 / Elementary (Faber Edition: Improve Your Sight-Reading) Improve
Your HDR Photography (Improve Your Photography Book 2) Exercise for Physical & Mental Health
(An Integrated Life of Fitness) The Secret of Mental Magic Tricks: How to Amaze Your Friends with
These Mental Magic Tricks Today! Handwriting Improvement!: A Step By Step Guide To Improve
Your Handwriting And Penmanship Instantly (Improve Handwriting, Penmanship, Handwriting
Analysis, Typography) Handwriting Improvement: The Complete Guide to Drastically Improve Your
Handwriting and Penmanship! (Improve Handwriting, Penmanship, Handwriting Analysis) The
Candida Cure: Yeast, Fungus & Your Health - The 90-Day Program to Beat Candida & Restore
Vibrant Health The Mental Game of Poker 2: Proven Strategies for Improving Poker Skill, Increasing
Mental Endurance, and Playing in the Zone Consistently Mental Math, Grade 3: Strategies and
Process Skills to Develop Mental Calculation (Singapore Math) Mental Math, Grade 2: Strategies
and Process Skills to Develop Mental Calculation (Singapore Math) Mental Math, Grade 4:
Strategies and Process Skills to Develop Mental Calculation (Singapore Math) Clear Your Clutter
with Feng Shui: Free Yourself from Physical, Mental, Emotional, and Spiritual Clutter Forever
Awaken the Giant Within : How to Take Immediate Control of Your Mental, Emotional, Physical and
Financial Destiny!