



The Fountain of Youth Is Just a Breath Away: Breathing Exercises for Relaxation, Health and Vitality (Paperback)

By Molly Larkin

Molly Larkin, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Fountain of Youth is Just a Breath Away; Breathing Exercises for Relaxation, Health and Vitality Learn self-healing and stress reduction through proper breathwork. Experts say 80 of us are breathing incorrectly and don t know it. You can increase your energy and heal your body more quickly by learning to breathe correctly and incorporating breathing exercises into your daily routine. This book can show you how. Learn how to breathe correctly for maximum health Best-selling author Andrew Weil, M.D. says, If I had to limit my advice on healthier living to just one tip, it would be to learn how to breathe correctly. This book can get you started on self-healing with breathing exercises. Research indicates healthy aging is dependent on strong respiratory capacity. Read about the research that shows lung capacity decreases as we age unless we pro-actively work to avoid it. The breathing exercises in this book will help you achieve healthy respiratory capacity. With clear descriptions, this book teaches how anyone can start a breathwork practice. Healthy breathing is a first step to mindfulness and meditation If you ve...



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