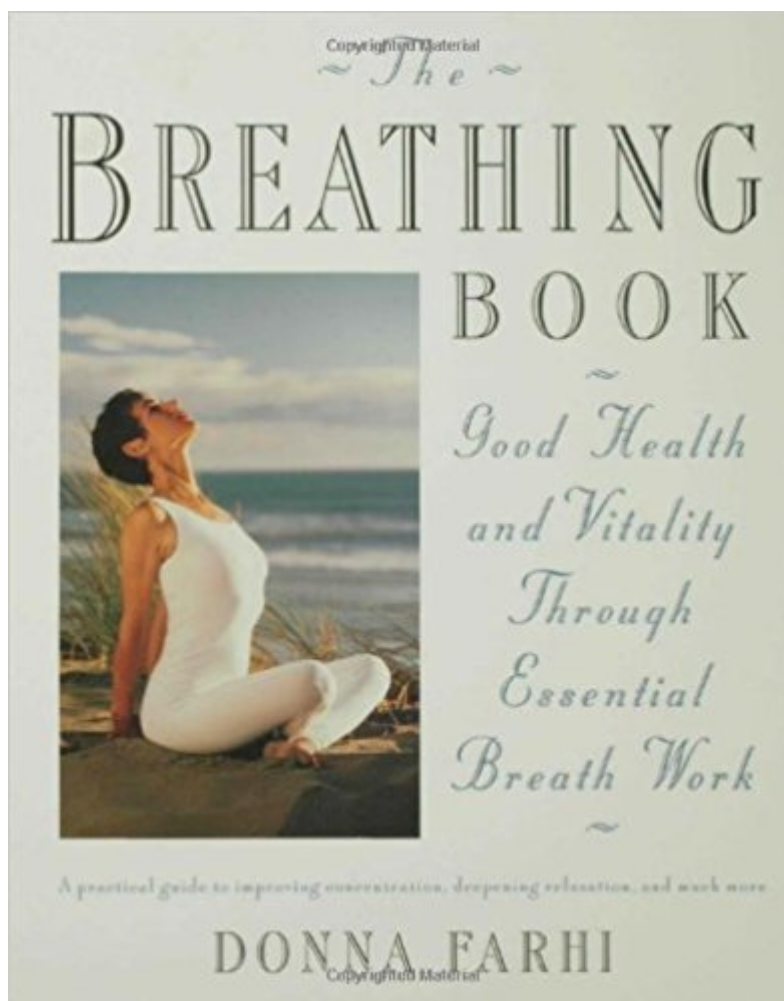




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The Breathing Book: Good Health And Vitality Through Essential Breath Work



Synopsis

A new approach to improving quality of life through your most accessible resource: your breath. Internationally renowned yoga instructor Donna Farhi presents a refreshingly simple and practical guide to reestablishing proper breathing techniques that will dramatically improve your physical and mental health. Complete with more than seventy-five photos and illustrations, *The Breathing Book* offers a thorough and inspiring program that you can tailor to your specific needs. Whether you need an energy boost or are seeking a safe, hassle-free way to cope with everyday stress, you will find answers here. These safe and easy-to-learn techniques can also be used to treat asthma, depression, eating disorders, insomnia, arthritis, chronic pain, and other debilitating conditions. "Donna Farhi has been a student, researcher, and teacher of the breath for many years, and now we get to reap the results of her studies in this exquisite manual." -- *Yoga Journal*

Book Information

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Customer Reviews

"Donna Farhi's book does more than simply animate the familiar act of moving air ... It brings breathing back to a central place of importance in daily life." -- *Yoga International* "An excellent and exceptionally useful book on breathing ... *The Breathing Book* offers a refreshing absence of gimmicks. It is, itself, a breath of fresh air." -- Robert Fried, Ph.D., professor of biopsychology and head of the Respiratory Psychophysiology Laboratory, City University of New York "Donna Farhi has written *THE BOOK* on breath. Through gentle breathing practices, we allow healing and integration to take place naturally without effort or force." -- Erik Peper, Ph.D., director of the Institute for Holistic Healing Studies, San Francisco State University

In The Breathing Book, internationally renowned yoga instructor Donna Farhi presents a refreshingly simple and practical guide to reestablishing proper breathing techniques that will dramatically improve your physical and mental health. During infancy most of us breathed with complete ease. Since then, however, we have unconsciously altered our breathing in response to stress and other demands in our lives. Now, rediscover the wonders and freedom of unrestricted breathing. In this accessible and comprehensive manual you will learn how to get in touch with your own lost natural breathing so that you can develop effective strategies for using your breathing to relax your body in stressful situations and calm your mind during trying times; learn how to enhance your sexual pleasure, develop your concentration, and cultivate inner peace; use safe and easily learned techniques to treat asthma, depression, eating disorders, insomnia, pain, fatigue, headaches, and to quit smoking and a wide variety of other debilitating conditions; and improve athletic performance. Complete with more than 75 photos and illustrations to illuminate concepts and exercises, The Breathing Book presents a thorough and inspiring program that you can tailor to your specific needs. Whether you are hoping to increase your energy levels or looking for a better way to handle everyday pressures, you will find this an invaluable guide to promoting physical, mental, and spiritual well-being.

Great book! Easy to read with lots of great information

I will always remember this book. It has something special. makes us think on this very essential function of our life. Thanks.

Required reading for my yoga teacher class. Excellent resource

Very Informative

Very detailed with clear explanations. Excellent resource

Donna Farhi writes beautifully and creatively and this book isn't just for reading. There are "inquiries" about every other page - an opportunity to stop and notice what is happening in one's own body, with specific questions to ponder. I'm taking my time through it but know it will continue to be helpful and delightful reading.

Very helpful book explaining breath for yoga practice.

Excellent book.

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