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## The Breathing Exercise Bible: Relaxation and Meditation Techniques for Happiness and Healthy Living

By Anthony Anholt

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Paperback. 80 pages. Dimensions: 8.8in. x 5.9in. x 0.3in. Discover The Power Of True Diaphragmatic Deep Breathing And How It Can Help You. Deep Breathing, in and of itself, has the power to make the sick man well and the weak man strong - Martin Farmer Burns, 19th century champion wrestler and natural health advocate. Whether you suffer from conditions such as stress and insomnia, or even if you are basically healthy but you just want more out of life, deep breathing exercises can help you. Imagine that you are sitting at a table where you are about to enjoy a scrumptious meal. After you eat a few bites, however, a person comes by and takes the meal away. How would you feel? Likely you would feel hungry, stressed, and angry at the person who took away your food at the very least. Now what would you say if I told you that in a twilight zone like this the person who took away your food was YOU. What's worse you robbed yourself of something even more precious than food, namely the air you breathe. You can survive...



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