



## The Breathing Breakthrough: Everything You Need to Know to Sharpen Your Focus, Worry Less, and Live Longer (Paperback)

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By Bija Bennett

Balboa Press, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Breathing Breakthrough: Everything You Need to Know to Sharpen Your Focus, Worry Less, and Live Longer Evidence-based research strongly shows that by adding mind-body and self-care techniques, you can significantly create an impact on a diverse range of health responses - from energy, aging, brain and immune strength, to sleep, happiness, family, intimacy, and even sex. The Breathing Breakthrough offers compelling insights, practical examples, and cutting-edge science on how the power of your breath can change how you think and feel. Learn how to use your breath for rest and recovery, focusing and meditation, energy-management, and as a wellness practice to help reduce the burden of stress-related disease, both in the workplace and at home. Bija has a profound gift for making the spirit of yoga accessible. - Deepak Chopra.



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