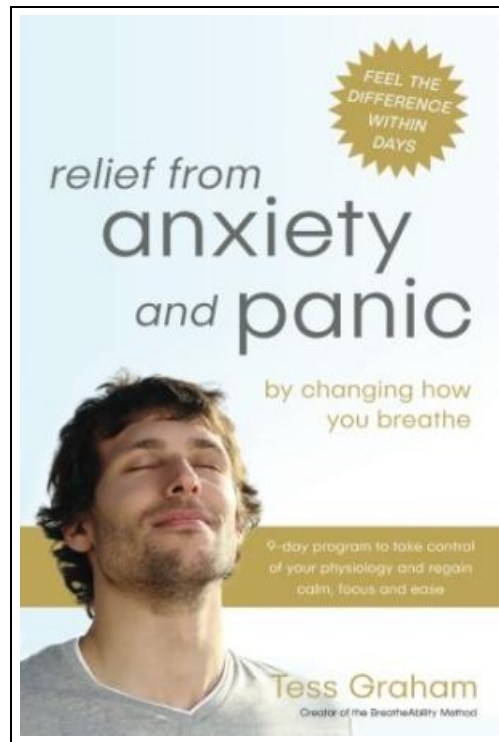


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Reviews

Extensive manual! Its such a great read. It really is loaded with knowledge and wisdom You wont really feel monotony at at any time of your time (that's what catalogs are for regarding if you ask me).
(Myrl Hintz)

RELIEF FROM ANXIETY AND PANIC: BY CHANGING HOW YOU BREATHE (PAPERBACK)



BreatheAbility Publications, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Relief from Anxiety and Panic by Tess Graham ANXIETY - A NEW UNDERSTANDING, A PRACTICAL SOLUTION There is a fast and natural way to get lasting relief from anxiety, but you may not have heard of it. Few people realise that the key is to correct the underlying disturbance in their physiology - that is, body function and blood chemistry, by learning to breathe correctly. And that is NOT deep breathing! DOES THIS SOUND FAMILIAR TO YOU? You feel more or less anxious most of the day You sometimes feel breathless, spaced out or panicky for no reason You sleep poorly, toss and turn, or snore, and wake up tired You have scary palpitations or tingling in your hands or feet These are all common symptoms in people who do not breathe correctly. You can calm anxiety, stop panic attacks, and get your life back, by learning to breathe the way calm people do. Relief from Anxiety and Panic provides a fascinating insight into how your everyday way of breathing can be responsible for the mental torture and uncomfortable physical symptoms you may live with daily. Drawing on over two decades of research and clinical experience, physiotherapist Tess Graham shows you how to recognise your faulty breathing habits and change them - easily, step-by-step, through breathing retraining as thousands have done. You will learn simple strategies to * quickly relieve mental and physical symptoms of anxiety, * abort a panic attack, * reduce stress, * increase focus, * stay calm under pressure, and to * switch off at night to enjoy restful sleep. You will learn how to control your physiology for a lifetime of wellbeing. You will read about lives transformed just...



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