



Breathe

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Genres : Well-Being/Self-Help

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A journey of discovery to explore... Breathing!

Learning to breathe the right way can help you improve your health and manage fatigue, stress, and emotions. It's no coincidence that when we feel fear, joy, or worry, we feel "breathless". This book provides exercises, experiments, practical advice, and actual instructions for breathing. Learn to gain control of your breathing, and control of your mind and body!

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