



Date : 28/08/2024

Pages : 271

Format cm : 15 x 21

Prix : 21.9

EAN : 9782226494290

## The Super Powers of Breathing

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Authors: Thomas Similowski - Guillaume Jacquemont

Publisher : Albin Michel

Category :

Genres : Well-Being/Self-Help

Keywords : Anxiety - Sport - Science

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This complete practical guide gives you the keys to make your breathing a source of powerful advantages in every aspect of your life.

What does your breathing say about the state of your health and emotions? Is it better to breathe through the nose or the stomach? Does aromatherapy work? In this accessible guide, Thomas Similowski and Guillaume Jacquemont provide an overview of the astonishing powers breathing can bestow on our physical and psychological well-being. Based on recent research in biology and neurology, as well as the cognitive and psycho-physiological sciences, this book explains in detail the huge influence that our respiratory systems have on our brains, whose activity they regulate on a profound level.

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