



Life with Breath: IQ + Eq = New You (Paperback)

By Ed Harrold

Go Be Great Inc., 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Imagine that tomorrow morning you wake up feeling absolutely wonderful. You gently stretch your arms and smile as you think about the day ahead. You feel relaxed, refreshed and full of energy. You open the window and take a deep breath. You are filled with gratitude for your life, your family and friends and the wonders of the natural world. Life is good. This can be your life if you choose it. Choosing it means being willing to examine the parts of ourselves that have been unwilling to implement lifestyle changes that will support living the life we desire. It starts with one simple breath. Life With Breath is a journey in discovering the mind-body relationship that is linked through breath and how this serves as a basis for reducing stress, improving health and well-being, building resilience, improving performance AND transforming negative habitual patterns of behavior. Specifically, yoga breathing. Traditionally called, Pranayama. In the yoga tradition, breath regulation (or pranayama) is the tool by which we yoke or unite the body with the mind. This unity between the body and mind...

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An incredibly amazing ebook with perfect and lucid answers. It is written in basic terms and never difficult to understand. It's been written in an exceptionally basic way and it is only right after I finished reading this ebook in which in fact modified me, affect the way I really believe.

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Extremely helpful for all class of individuals. Better than never, though I am quite late in start reading this one. I realized this publication from my I and dad suggested this ebook to discover.

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