



The Breathing Book: Good Health and Vitality Through Essential Breath Work

By Donna Farhi



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A new approach to improving quality of life through your most accessible resource: your breath.

Internationally renowned yoga instructor Donna Farhi presents a refreshingly simple and practical guide to reestablishing proper breathing techniques that will dramatically improve your physical and mental health. Complete with more than seventy-five photos and illustrations, *The Breathing Book* offers a thorough and inspiring program that you can tailor to your specific needs. Whether you need an energy boost or are seeking a safe, hassle-free way to cope with everyday stress, you will find answers here.

These safe and easy-to-learn techniques can also be used to treat asthma, depression, eating disorders, insomnia, arthritis, chronic pain, and other debilitating conditions.

"Donna Farhi has been a student, researcher, and teacher of the breath for many years, and now we get to reap the results of her studies in this exquisite manual."
-- *Yoga Journal*

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Editorial Review

From the Back Cover

In *The Breathing Book*, internationally renowned yoga instructor Donna Farhi presents a refreshingly simple and practical guide to reestablishing proper breathing techniques that will dramatically improve your physical and mental health. During infancy most of us breathed with complete ease. Since then, however, we have unconsciously altered our breathing in response to stress and other demands in our lives. Now, rediscover the wonders and freedom of unrestricted breathing. In this accessible and comprehensive manual you will learn how to get in touch with your own lost natural breathing so that you can develop effective strategies for using your breathing to relax your body in stressful situations and calm your mind during trying times; learn how to enhance your sexual pleasure, develop your concentration, and cultivate inner peace; use safe and easily learned techniques to treat asthma, depression, eating disorders, insomnia, pain, fatigue, headaches, and to quit smoking and a wide variety of other debilitating conditions; and improve athletic performance. Complete with more than 75 photos and illustrations to illuminate concepts and exercises, *The Breathing Book* presents a thorough and inspiring program that you can tailor to your specific needs. Whether you are hoping to increase your energy levels or looking for a better way to handle everyday pressures, you will find this an invaluable guide to promoting physical, mental, and spiritual well-being.

About the Author

Donna Farhi is a registered movement therapist and yoga teacher who is a much sought-after guest instructor and speaker throughout the United States, Mexico, Canada, and Australia. She is the author of *The Breathing Book* and has written for *Yoga Journal* for over a decade. She lives in New Zealand.

Users Review

From reader reviews:

Shiela Steen:

Book is to be different for each grade. Book for children until eventually adult are different content. We all know that that book is very important normally. The book *The Breathing Book: Good Health and Vitality Through Essential Breath Work* seemed to be making you to know about other expertise and of course you can take more information. It is extremely advantages for you. The guide *The Breathing Book: Good Health and Vitality Through Essential Breath Work* is not only giving you far more new information but also to become your friend when you feel bored. You can spend your own personal spend time to read your e-book. Try to make relationship with the book *The Breathing Book: Good Health and Vitality Through Essential Breath Work*. You never really feel lose out for everything if you read some books.

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Heather Killen:

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