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## The Fountain of Youth Is Just a Breath Away: Breathing Exercises for Relaxation, Health and Vitality (Paperback)

By Molly Larkin

Four Winds Press, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Fountain of Youth is Just a Breath Away; Breathing Exercises for Relaxation, Health and Vitality Learn self-healing and stress reduction through proper breathwork. Experts say 80 of us are breathing incorrectly and don't know it. You can increase your energy and heal your body more quickly by learning to breathe correctly and incorporating breathing exercises into your daily routine. This book can show you how. Learn how to breathe correctly for maximum health Best-selling author Andrew Weil, M.D. says, If I had to limit my advice on healthier living to just one tip, it would be to learn how to breathe correctly. This book can get you started on self-healing with breathing exercises. Research indicates healthy aging is dependent on strong respiratory capacity. Read about the research that shows lung capacity decreases as we age unless we pro-actively work to avoid it. The breathing exercises in this book will help you achieve healthy respiratory capacity. With clear descriptions, this book teaches how anyone can start a breathwork practice. Healthy breathing is a first step...



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## Relevant Books



### **Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities (Paperback)**

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso's groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...



### **Hope for Autism: 10 Practical Solutions to Everyday Challenges (Paperback)**

Seaborough Enterprises Publishing, United States, 2015. Paperback. Book Condition: New. Initial ed.. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Hope for Autism: 10 Practical Solutions to Everyday Challenges, provides answers to the many questions...



### **Christmas Favourite Stories: Stories + Jokes + Colouring Book: Christmas Stories for Kids (Bedtime Stories for Ages 4-8): Books for Kids: Fun Christmas Stories, Jokes for Kids, Children Books, Books for Kids, Free Stories (Christmas Books for Children) (P**

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Merry Xmas! Your kid will love this adorable Christmas book with a lot of interesting tales and...



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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. 400+ Funny Jokes for Kids! Are you looking for a fun book to keep the kids entertained and happy? This funny...



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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The biggest failure in life for any parent, or anyone raising a child is, if the Child grows up to...



### **The Diary of a Goose Girl (Illustrated 1902 Edition) (Paperback)**

Echo Library, United States, 2008. Paperback. Book Condition: New. Illustrated. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Kate Douglas Wiggin, nee Smith (1856-1923) was an American children's author and educator. She was born in...