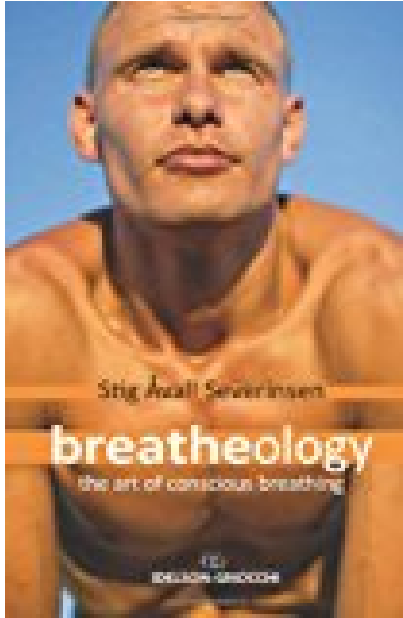


# Breatheology

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## BOOK DETAILS

- Author : Stig Avall Severinsen
- Pages : 298 Pages
- Publisher : Idelson Gnocchi Publishers, Ltd.
- Language : English
- ISBN : 1928649343

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## BOOK SYNOPSIS

Teaches how to become aware of your breathing and how to train it, you will be able to learn to breathe properly. Your body will immediately absorb more oxygen and after a short time you will have more energy and gain greater mental calmness. It covers how to: Advantages of efficient breathing. Gain more energy in your daily life Become better at managing stress Optimize your work and sport performances Avoid illnesses and get well faster Minimize chronic or transient pain Become happier and more positive Live a healthier and longer life.

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