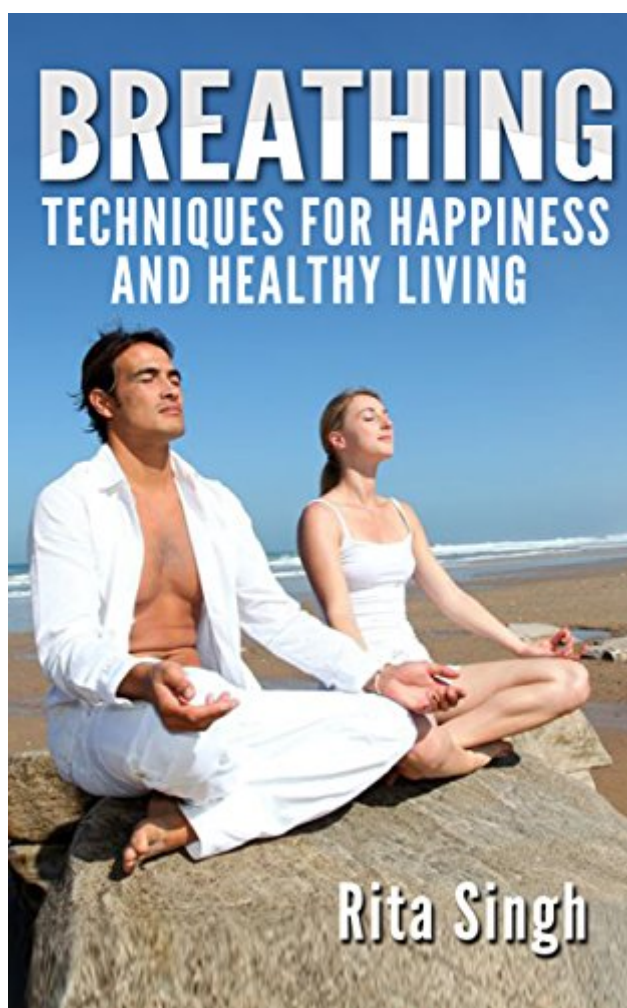


The book was found

# Breathing: Breathing Techniques: For Happiness And Healthy Living (For Anxiety, Stress, Energy, Focus, Depression)



## Synopsis

You will receive three FREE Bonus eBooks: "Meditation for De-Cluttering the Busy Mind," "Preventing and Manage Cancer the Natural Way" & "Adaptive Fasting" as a token of our appreciation! You will be receiving a 4 book package that will provide you with the necessary tools to support your Happy and Healthy Lifestyle. Breathing Techniques for Happiness and Healthy Living In this book, you will be provided with specific breathing methods (such as Prayer Seal, Chin Mudra, Gyana Mudra) that will help you maintain both physical and mental balance. Breathing Techniques can help with: Focus Energy Digestive problems such as constipation Confidence issues or anxiety in challenging situations Shortness of breath, asthma, or other pulmonary troubles Allergic symptoms such as rashes as a result of internal imbalances (ie: Candidiasis) Addiction (ie: smoking) Asthma Muscle tension and overall stress Posture Detoxification ADD, ADHD

## Book Information

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## Customer Reviews

Work has sent my OCD and ADD into full stress and anxiety mode. I am letting it affect my

breathing and my posture. Boss says I come across shifty and unreliable. There doesn't seem to be medicine I can tolerate. This book has given me specific tools to calm myself down and reach a meditative state. I told my boss what book I read and that I wanted to be free to meditate at the office when I feel stressed. The boss agreed to 30 min a day not including my lunch hour. The breathing exercises in the book teach about how breath works and circulates, some science stuff. Other parts are about focusing on things that are not stressing, being aware of the times you take a breath in and out. Feel it through your nose and the rush through your body. Author Rita Singh's book, *Breathing: Breathing Techniques For Happiness And Healthy Living* discovered my resistance to New Age philosophies. I highly recommend healing your physical and mental state,

This book includes very valuable information on the topic of breathing and I am extremely satisfied by having what I actually looked for. This book provided me the knowledge on different breathing techniques and each of them has its specific achievement. I found many different steps that I could practice in conducting breathing exercises and make my life healthy in both mind and body. This book provides information on what breathing exercise means and proper breathing practices that can be very much useful for beginners as well. I am definitely going to follow the steps mentioned in this book. Highly recommended.

As of lately, I've been feeling overwhelmed. There doesn't seem to be enough hours in the day, yet there is only one me. It's caught up with me, and I've been experiencing panic attacks, mostly late at night, worrying that I haven't accomplished enough. I decided to read up on panic attacks, and I learned that there might be breathing techniques that I could use to make myself feel better. I got Author Rita Singh's book, *Breathing: Breathing Techniques For Happiness And Healthy Living* for this purpose. What I discovered was already like a breath of fresh air. I learned that there is actually a proper way to breathe and that I was basically walking around tensed up all of the time. Singh provides a number of specialized deep breathing exercises, all tailored to help with achieving different goals (Meditation, Thinking, and Relaxation are just a few examples). I've become a fan of the Nasal method of breathing which promotes relaxation if you couldn't guess. I can honestly say that I feel the difference in living my life with more clarity and a less stressed state of mind. It's truly been a helpful form of therapy for me (inexpensive too), and I highly recommend this read to anyone wanting to improve on their mental state of being.

This book is a great tool for anyone looking for different ways to relax and reduce stress. It describes different breathing methods and the benefits they provide. It is very detailed and easy to understand. Highly recommended!

Everyone knows life can be extremely stressful and hard to handle, this is the perfect book to help you to relax! It teaches you the essentials on how to breathe properly and what that does for your body and mind! I will be using these techniques on a daily basis. I love this book and highly recommend this!

It is comfortable and feels good, Hope it last for a while.

This book is really helpful and great book. This book has discussed a useful matter and provided lots of information. The book is about breathing. This book has provided lots of ways and techniques of breathing in a very organized way. I have learnt huge exercising ways of taking breath from this book. Now I practice everyday. I think you all know that breathing is the key to happiness, healthy living and a strong body and you will must get many useful and helpful information on breathing, as I have got. If you simply want to take your health and fitness to the next level, than this book is for you. Within its pages you will find a variety of breathing exercises. If you want to experience the feeling of radiant health and contentment, get this book as soon as possible. I am strongly recommending this book for everyone.

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