



The Healing Power Of The Breath (Paperback)

By Richard P. Brown, Patricia L. Gerbarg

Shambhala Publications Inc, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book. 2013 Nautilus Award Winner - Silver Here s a drug-free, side-effect free solution to common stress and mood problems--developed by two physicians. Millions of Americans suffer from mood problems and stress-related issues including anxiety, depression, insomnia, and trauma-induced emotions and behaviors; and most would prefer not to take medication for their conditions due to troublesome side effects, withdrawal symptoms, and disappointing success rates. Drs. Richard P. Brown and Patricia L. Gerbarg provide a drug-free alternative that works through a range of simple breathing techniques drawn from yoga, Buddhist meditation, the Chinese practice of qigong, Orthodox Christian monks, and other sources. These methods have been scientifically shown to be effective in alleviating specific stress and mood challenges such as anxiety, insomnia, post-traumatic stress disorder, and many others. The authors explain how breathing practices activate communication pathways between the mind and the body, positively impacting the brain and calming the stress response. The enclosed audio program guides readers through the techniques and helps make these breathing practices an ongoing part of daily life. This book and CD set includes breathing techniques to relieve - anxiety and depression...



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-- **Seth Fritsch**

This is an amazing book that I actually have actually read through. I am quite late in start reading this one, but better then never. You will not truly feel monotony at anytime of the time (that's what catalogs are for concerning should you ask me).

-- **Scottie Schroeder DDS**