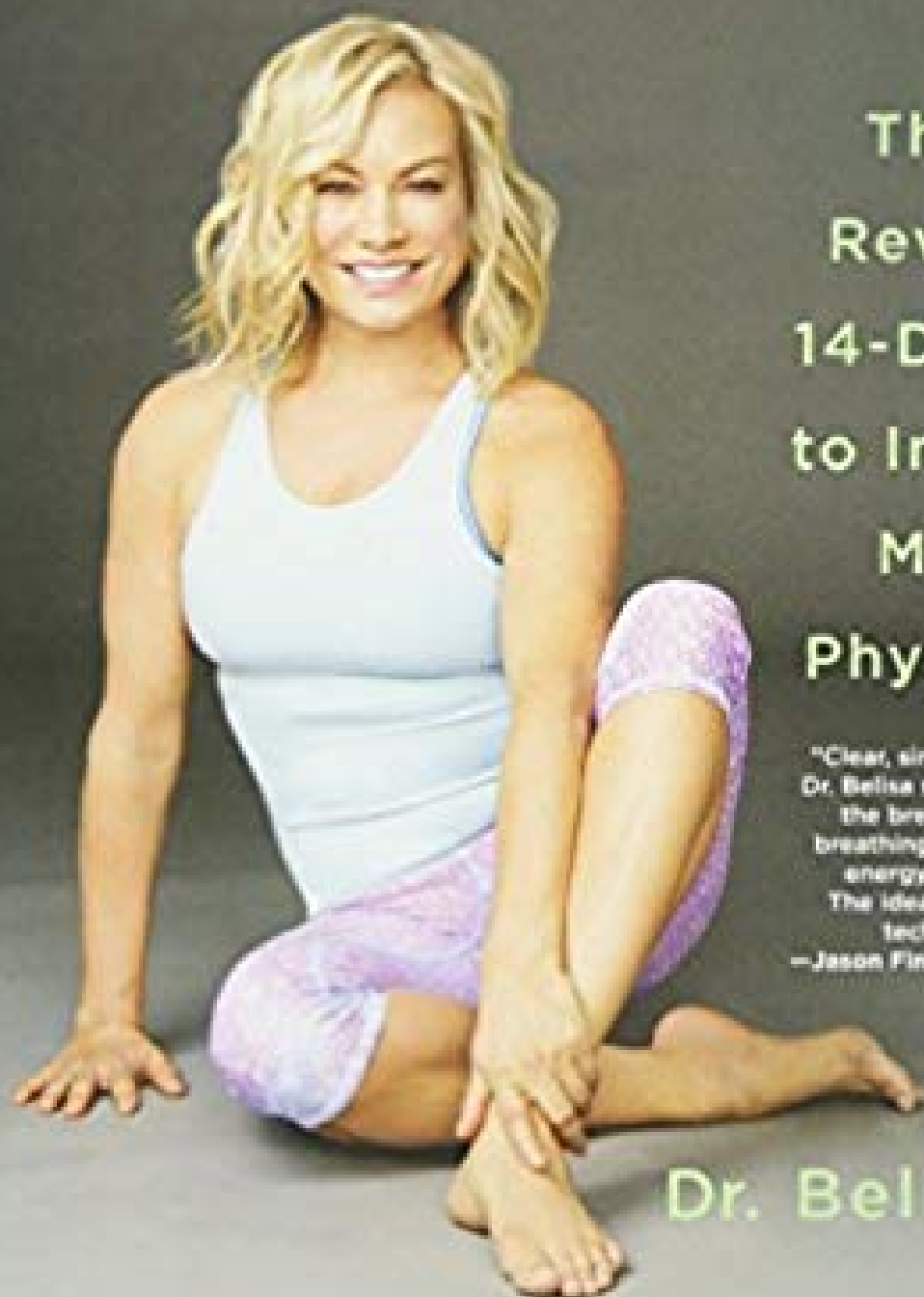


BREATHE

The Simple,
Revolutionary
14-Day Program
to Improve Your
Mental and
Physical Health

"Clear, simple, powerful—in her new book Dr. Belisa shows why everything starts with the breath, and how to improve your breathing for mental and physical health, energy, and maximum performance. The ideas in this book—and Dr. Belisa's techniques—are a revelation."
—Jason Fine, managing editor, *Rolling Stone*

Dr. Belisa Vranich



Belisa Vranich

Breathe: The Simple, Revolutionary 14-Day Program to Improve Your Mental and Physical Health



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Insomnia? BREATHE is an easy-to-follow guide to breathing exercises which will boost energy, help lose excess weight, and make readers experience calmer and happier. By combining both anatomy and fitness with psychology and mindfulness, Dr. Vranich shows visitors how to reverse the tide of tension and illness, and enhance the overall quality of their life through a daily breathing workout. In addition, it can boost energy, accelerate healing, improve cognitive skills, and enhance mental stability. All without medication. Believe it. Dr. The mental and physical stresses of modern life, such as anxiety, frustration, sexual dysfunction, insomnia, high blood pressure, digestive woes, and immune dysfunction can all become addressed through mindful control of your breath. In a fascinating, straightforward, jargon-free exploration of how our anatomies were meant to breathe, Dr. Belisa Vranich delves into the ins and outs of proper breathing. Nervousness? Vranich gives readers a way of solving health problems at the crux and recovery themselves from the inside out. Gone.



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I have far more energy and decreased my chronic fatigue thanks to this book! I feel she (and her viewers) could have been better offered with someone with a calmer demeanor. We all should have learned these breathing exercises in kindergarten. Best book of 2017 Best book of 2017. Personally i think like my health improved due to the beginning . Belisa calls these poor breathing pattern of being a "No-Haler" or a "Breath Holder". Seated at a table all day, often unconsciously experiencing "email apnea" - I would hold my breath, or not really fully exhale, leading to lower oxygen, and lower energy. But when I started carrying out a number of the exercises just like the Rock & If you would like to boost yours, this book would be a very wise investment in my opinion. Instead of the muscle mass relaxers and anti-inflammatory supplements, these breathing exercises would have preserved me.I've browse many books and applications on breathing which is the best I've run into - it's comprehensive and easy to read. Great resource Very approachable, informative and practical Useful Information Useful book. Belisa for composing this book because it has changed my life. Proper breathing is great for the complete body, with many health benefits such as for example less stress, better sleep, better digestion, detoxification, better posture, and even more oxygen to the brain. Help with BP. But mainly because health info junkie, a few basic ideas in this book will become with me for life.I really believe that breathing is among the most important variables inside our health. Roll breath - with FULL exhale and full inhale - greatly increasing the volume of each breath - I immediately started feeling more energy. Works but requirements better organization It really works. I have tons more energy now. Personally i think I can do hobbies after work instead of being too tired. But I took off one star as the organization of the reserve is bad.. Breath for life Good explanations with adequate illustrations. I thought I knew how exactly to breathe but this reserve obviously gave exercises that showed how little I was using my breathing muscle tissue. But when I examine this publication something clicked - I understood I've not been exhaling (and therefore inhaling) enough. change your life got through the first 2 chapters and already have to leave a review. It's amazing how many of us are not breathing properly and how your daily life can improve in so many ways following Dr Belisa's simple instructions. That is a must browse for anybody who wants to improve their physical and mental wellness. As an ER doc we are not taught how exactly to breathe even in medical school and dealing with pts in the ED, training them to breathe is becoming my 2nd job. Use this reserve for better wellness AND/OR to boost your stamina.Like anything of value, diligence is required - actually doing the exercises and producing the changes. Also, low factors for organization. Would encourage anyone with High Blood circulation pressure to try yoga breathing to help. Chose this publication to improve BP and technique. I was intrigued by this publication after watching an elderly person with an oxygen machine and seeing that person simply gasp and gasp and never seem to be able to get any atmosphere. My first initial thought was that this book is probably geared towards women; I devoured all of the materials about Chronic Exhaustion syndrome at the Optimum Wellness Clinic in London (great stuff, by the way), and it had been very helpful. It doesn't take long to understand the "correct" method to breathe in and out. This is simply not nothing. otherwise referred to as being lightheaded and even fainting. Great book. Too frantic I really like the message so two stars, but the delivery was challenging. There is nothing comforting about the author's delivery, it really is high octane. I've struggled with exhaustion and depression for years. Book is full of very good details. It takes way too long to get to the exercises and I'd have got like them to slower and more thought out. Nevertheless, I am a big proponent of breathing. While I still have problems with panic that I expect will be resolved with enhancing my breathing even more totally (I'm wishing that smoothing out my

inhale and exhale, making them longer, improving my position and activating my diaphragm), and getting some emotional help to gain clarity on any unconscious patterns, I am extremely grateful for Dr. Evangelist. If you like New Age, Eastern Mysticism, or Hinduism, you'll such as this publication. She's quite the snake oil saleswoman, declaring it'll cure almost every ailment known to man. It breaks down the whole process of . Teenagers, adults and seniors all can benefit. which is probably easier learned with a yoga breathing DVD. Simple but very beneficial. The basic premise of this book is how to breathe properly. I loved this book so much, I got accredited! Can't wait to take your class on Saturday! Great Book! You are probably breathing wrong. Based on the details in this book, I certainly was. I was a breath holder all through my 20's and 30's, finding yourself in emergency areas with severe neck and shoulder discomfort, couldn't get up from bed. Doing the exercises reinforces the idea of opening your diaphragm such as a balloon upon inhaling, and squeezing surroundings from the exhale. I've often tried to carry my gut in, trying to keep my stomach flatter. After reading the book, I found that instead of continuously holding my tummy in, checking my middle to permit even more oxygen into my lungs has actually made my whole primary tighter and flatter. Gave it a higher rating because it truly helped. Almost all their concentration was on breathing, and their breathing didn't seem to be operating. It's reminded me to totally exhale - pushing out stale air and CO2 in order that I can breathe in new air flow and oxygen - my diaphragm massaging my organs and muscles along the way - and bringing in energy. Interesting information. Not super well organized but interesting none-the-less, I will go back and look through the exercises to improve my breathing. "Breathe" is an excellent publication! Hyperventilating is a technique used by some gurus to achieve an "altered state of consciousness";.. I have been studying breathing for quite some time today absorbing breathing related concepts from Dr. Andrew Weil and Dr. Brown & and also studying Robert Peng and Tai Chi. I stumbled upon this book quite unintentionally. Of program, I was intrigued by the name of the publication with the writer's beautiful pic on the cover. Great book. but I was completely wrong. "Breathe" is a fantastic book! It breaks down the whole procedure for proper breathing with useful exercises that will help learn to breathe diaphragmatically as well learning to breathe side to side using the thoracic cavity. Dr. Vranich teaches you how utilize and optimize the entire breath cycle. One of my favorite general exercises is normally Pulse Exhalations. This alone can help your digestion and acts as an effective abdominal exercise that can be done virtually anywhere. I love this one. The other great exercise may be the Recovery Breath. The 1st part of the breath is similar to the Xi Xi hu breath that I discovered from Roger Janke. This book will help you understand the physiology of the body as it pertains to the breath. Dr.. Start reading from where it describes the workout then get back to read specific techniques. I think this book could be a lot shorter and less costly. Personally i think like my health improved due to the beginning exercises and eventually breathing fully... But there's enough true breathing exercises and "research" to give it an surroundings of credibility.



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