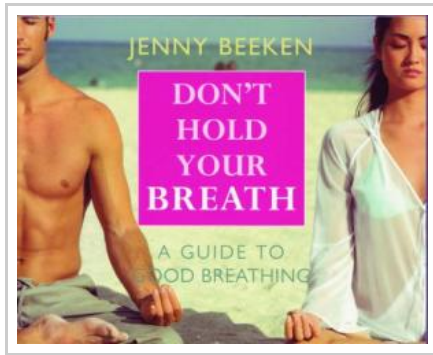



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Don't Hold Your Breath: A Guide to Good Breathing

By Jenny Beeken

Polair Publishing, United Kingdom, 2004. Paperback. Book Condition: New. Janita Stenhouse (illustrator). 178 x 144 mm. Language: English . Brand New Book. The equation is simple - good breathing and good health go together. Because we breathe naturally, we rarely think about our breath and, yet better understanding of how we breathe could reduce stress and enable us to remain in control throughout every crisis. This little book can help every reader make that simple step forward. In *Don't Hold Your Breath*, Jenny Beeken models good ways of breathing. Some of the ways she offers are specific exercises, like alternate nostril breathing, but, underlying them all, is the perception that, with only a small amount of practice, we could be infinitely more content. Although she is schooled in the Iyengar tradition, Jenny's approach is as light-hearted as the title suggests. The theme of the book is release. At the same time, breathing is pranayama - the intake of spiritual food - and there is a deep spirituality to be found therein. Guidance on relaxation is part of the book and so is meditation, in a form easily understood by the beginner. Jenny's own life, with a...



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Reviews

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-- **Marvin Okuneva**

Completely among the best publication I have got at any time go through. I have got go through and so i am confident that i will likely to read again once more down the road. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Zachery Mertz**

Other Books



To Thine Own Self

Dog Ear Publishing, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Carefree and self assured Carolyn loves her life. Her uncle runs the day-to-day details of her company leaving...



Readers Clubhouse Set a Nick is Sick

Barron's Educational Series, United States, 2006. Paperback. Book Condition: New. Carol Koeller (illustrator). 221 x 147 mm. Language: English . Brand New Book. This is volume three, Reading Level 1, in a comprehensive program (Reading Levels 1 and 2) for beginning...



Mother Stories

Bluewater Publications, United States, 2010. Paperback. Book Condition: New. Sarah Noble-Ives (illustrator). 235 x 191 mm. Language: English . Brand New Book ***** Print on Demand *****.I have endeavored to write, for mothers and dear little children, a few simple stories, embodying...



The Magical Animal Adoption Agency Book 2: The Enchanted Egg

Hyperion, United States, 2016. Paperback. Book Condition: New. Alexandra Boiger (illustrator). 198 x 129 mm. Language: English . Brand New Book. There's a new resident at the Magical Animal Adoption Agency-but this one hasn't hatched yet! Mr. Jams brought home...



Read Write Inc. Phonics: Green Set 1 Storybook 1 on the Bus

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 210 x 144 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 sounds. Each set...



The Savvy Cyber Kids at Home: The Defeat of the Cyber Bully

Createspace, United States, 2014. Paperback. Book Condition: New. Taylor Southerland (illustrator). 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.The adventures of CyberThunder (Tony) and CyberPrincess (Emma) continue in The Savvy Cyber Kids at Home: The...