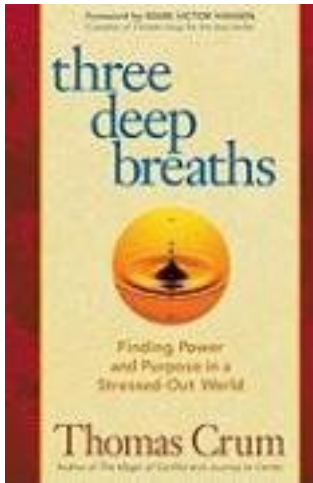


Three Deep Breaths



[Three Deep Breaths 下载链接1](#)

著者:Thomas Crum

出版者:Berrett-Koehler Publishers

出版时间:2009-01-01

装帧:Paperback

isbn:9781576756300

Using the popular parable/story format, Three Deep Breaths focuses on three simple, effective practices that busy people can implement with little time--or even with just a few minutes while they are driving to an appointment, commuting to work, or walking to a meeting as a simple, effective antidote to "busyness." The "Three Deep Breaths" illustrated in the story are: 1. The Centering Breath: breathe in balance and energy and be present now 2. The Possibility Breath: breathe in power and purpose and envision the highest me I can be 3. The Discovery Breath: breathe in the mystery and let go of judgments This mind/body technique combines the 'cognitive-restructuring' capability of the brain (the ability to change our attitudes and perceptions of the world) with the calmness and presence of an aligned, centered state of being. By actively practicing the technique through the prescribed breathing exercises, individuals maintain clarity and purpose in "real time" while simultaneously performing in chaotic and stressful environments. Three Deep Breaths illustrates this radically simple technique through the story of a harried worker struggling both to achieve work/life balance family and break through negative habitual habits that lead to anger, exhaustion, and poor

performance. In short, all it takes to change your life is Three Deep Breaths which you can do in an instant, from anywhere, at any time.

作者介绍:

目录:

[Three Deep Breaths_ 下载链接1](#)

标签

积极心理学

幸福课推荐---health

评论

[Three Deep Breaths_ 下载链接1](#)

书评

[Three Deep Breaths_ 下载链接1](#)