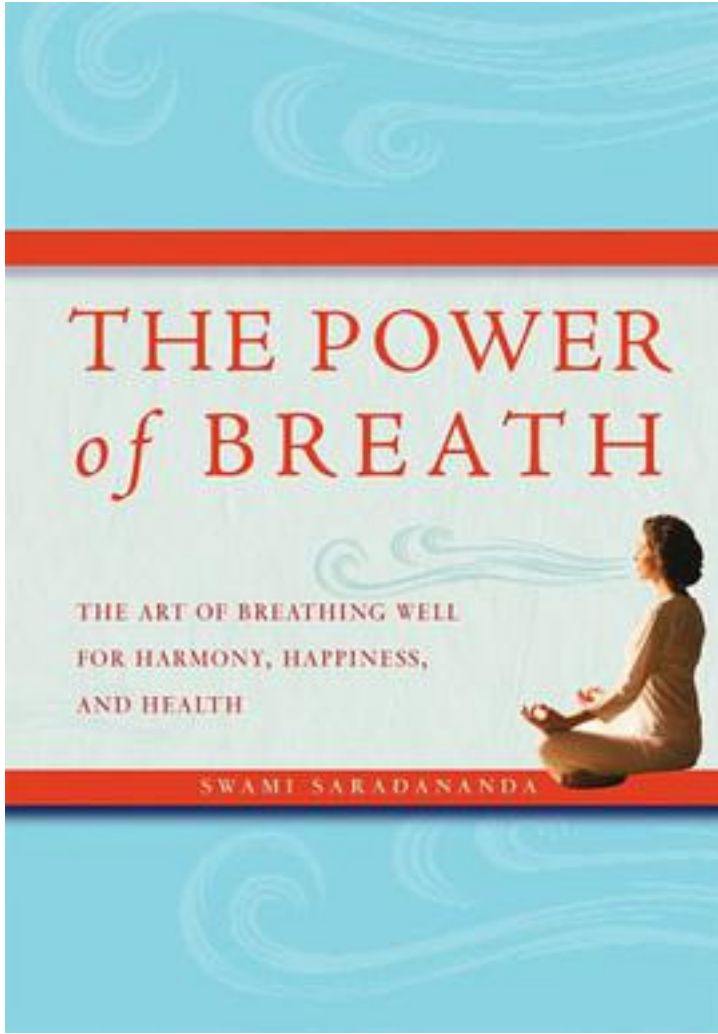


The Power of Breath



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A Sanskrit proverb says, "If you breathe well, you will live long on Earth." That's because

breathing is the key to well-being; done properly, it can boost energy, relieve pain, and transform our lives. "The Power of Breath "teaches us pay attention to this vital process and breathe mindfully. The beautifully illustrated, authoritative, and accessible guide covers all five types of breathing in the Eastern tradition, each related to a particular" prana "or life-force. More than 30 exercises come complete with step-by-step photographs, and there's a selection of programs to target common health problems and to enhance skills, including singing, speaking, and sports.

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