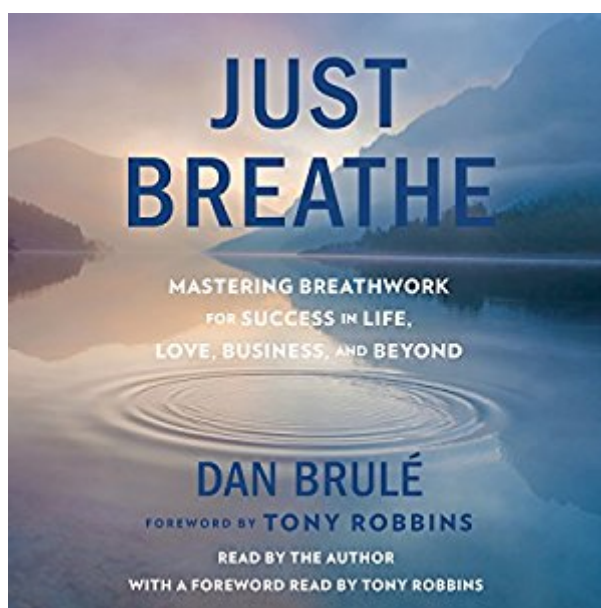


The book was found

Just Breathe: Mastering Breathwork For Success In Life, Love, Business, And Beyond



Synopsis

Reduce stress and anxiety, increase your productivity, detox your body, balance your health, and find the path to greater mindfulness with this collection of signature breathing techniques by the world's leading breathmaster, Dan BrulÃ¶fÆ'Ã Â©. What if you could control your outcomes and change results simply by controlling your breath? Now you can. In this definitive handbook, world-renowned pioneer of breathwork Dan BrulÃ¶fÆ'Ã Â© shares for the first time his Breath Mastery technique that has helped more than 100,000 people in over 45 countries. Just Breathe is a simple and revolutionary guide that reveals the secret behind what elite athletes, champion martial artists, Navy SEAL warriors, and spiritual yogis have always known: When you control your breathing, you can control your state of well-being and level of performance. So if you want to optimize your health, clear and calm your mind, and spark peak performance - the secret to unlocking and sustaining these results comes from a free and natural resource that's right under your nose. From high-stress, critical situations to everyday challenges, Just Breathe will show you how to harness your awareness and conscious breathing to benefit your body, mind, and spirit. Breathwork offers a wide range of benefits, including managing acute/chronic pain; help with insomnia, weight loss, attention deficit, anxiety, depression, PTSD, and grief; improved intuition, creativity, mindfulness, self-esteem, and leadership; and much more. Just Breathe will show you the skills and tools to breathe your way to optimum health, ultimate potential, and peak performance.

Book Information

Audible Audio Edition

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Customer Reviews

Excellent. Good and useful information. Well written. Easy to read and understand.

I love this book, I have told Dan personally how much his book has inspired me. I also suggest purchasing the Just Breathe Audio book, Dan narrates it himself!!! Thanks again Dan for your commitment to Breath Mastery !!! As I told you before, you have inspired many many many people all around the planet. Infinite blessings to you bro!!!

Great book.

Wake up, take charge, let go! The way to enhancing your experience of life, in any and all areas.

We needed a book like this! A great explanation on how breathing effects life!

Until I was an adult I just took breathing for granted. I was taught many things growing up but I can't say that I was ever taught how to breathe. Okay, I was given a few instructions for playing sports in elementary school but that was it. It wasn't until I was an adult that I found teachers of sports, dance, yoga and meditation that I began to understand the power of breath. Dan Brule is a master teacher who I learned about through a friend. I so enjoyed the weaving of the physical science with the spiritual aspects of breathing that I got from Dan's book. And most important I now know more about the different types of breathing and how I can help myself create more vitality, alertness and peace in my daily life.

Meditation, mindfulness, and martial practices, etc. all draw attention to the power of the the breath and breathing as central to unlocking the benefits and power of their arts. Just Breathe by Dan BrulÃ©© is the definitive work on the subject of leveraging breathing and breathwork as a competitive advantage that is accessible to literally everyone. There are practical and powerful exercises and lessons throughout the book that reflect on a wide sample of methods across the spectrum of practitioners from armed forces to yogis and everything in between. This book makes accessible the collected wisdom, and effective, real world applications of the power of breath mastery in an engaging and modern take on the single most important action that we take every day to connect ourselves to the moments that matter most in our ability to affect our lives, the present.

Just Breathe is easy to read and provides a step by step program to improve all ares of your life by

just breathing. I purchased one for all members of my family and encouraged them strongly to read and apply Dan's techniques in their daily lives. John Simmons

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