

## Healing Power Breath Techniques Concentration

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In The Healing Power of the Breath, Dr. Richard P. Brown and Dr. Patricia L. Gerbarg provide a different way to treat stress: breathing. Drawn from yoga, Buddhist meditation, the Chinese practice of qigong, and other sources, their science-backed methods activate communication pathways between the mind and body to positively impact the brain and calm the stress response.

~~The Healing Power of the Breath: Simple Techniques to ...~~

--Shad Meshad, president and founder of the National Veterans Foundation "The Healing Power of the Breath is an accessible book on a very important topic. Drs. Drs. Brown and Gerbarg deal with the complex subject of breathing and how it can impact our mental health from both conventional medicine and concepts from ancient philosophies.

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