



## Just Breathe: Mastering Breathwork for Success in Life, Love, Business, and Beyond (Paperback)

By Dan Brulé

SIMON SCHUSTER, United States, 2017. Paperback. Condition: New. Export. Language: English . Brand New Book. What if you could control your outcomes and change results simply by controlling your breath? Now you can. In this definitive handbook, world-renown pioneer of breathwork Dan Brulé shares for the first-time his Breath Mastery technique. Just Breathe is a simple and revolutionary guide that reveals the secret behind what the 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 unlock and sustain these results comes from a free and natural resource that s right under your nose. Just Breathe will show you how to harness your awareness and conscious breathing to benefit your body, mind, and spirit. Breathwork benefits a wide range of issues including: managing acute/chronic pain; help with insomnia, weight loss, attention deficit, anxiety, depression, PTSD, and grief; improves intuition, creativity, mindfulness, self-esteem, leadership, and much more. Just Breathe will show you the skills and tools to breathe your way to...



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