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## Do Breathe: Clear Your Head. Find Focus. Get Stuff Done.

By Michael Townsend Williams

The Do Book Co, United Kingdom, 2015. Paperback. Book Condition: New. 180 x 120 mm. Language: English . Brand New Book. When you get the right balance in life you can do amazing things: create, perform, lead a team, build a great company, raise a family. But so often the scales tip and we feel overwhelmed and stressed. Michael Townsend Williams, an adman turned yoga teacher and mindfulness coach, is an advocate of well-doing leading a busy and productive life, but not at the expense of our health and wellbeing. And key to this? Our breath. The crucial link between mind and body, our breath reflects what we're dealing with at any given moment. It tells us when we're out of our depth. With simple breathing exercises and elements from yoga, meditation and mindfulness, Do Breathe will help you to: Reduce stress and increase productivity Improve focus and work flow Cultivate new good habits and drop the bad Build courage and resilience Why not breathe yourself better?.

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