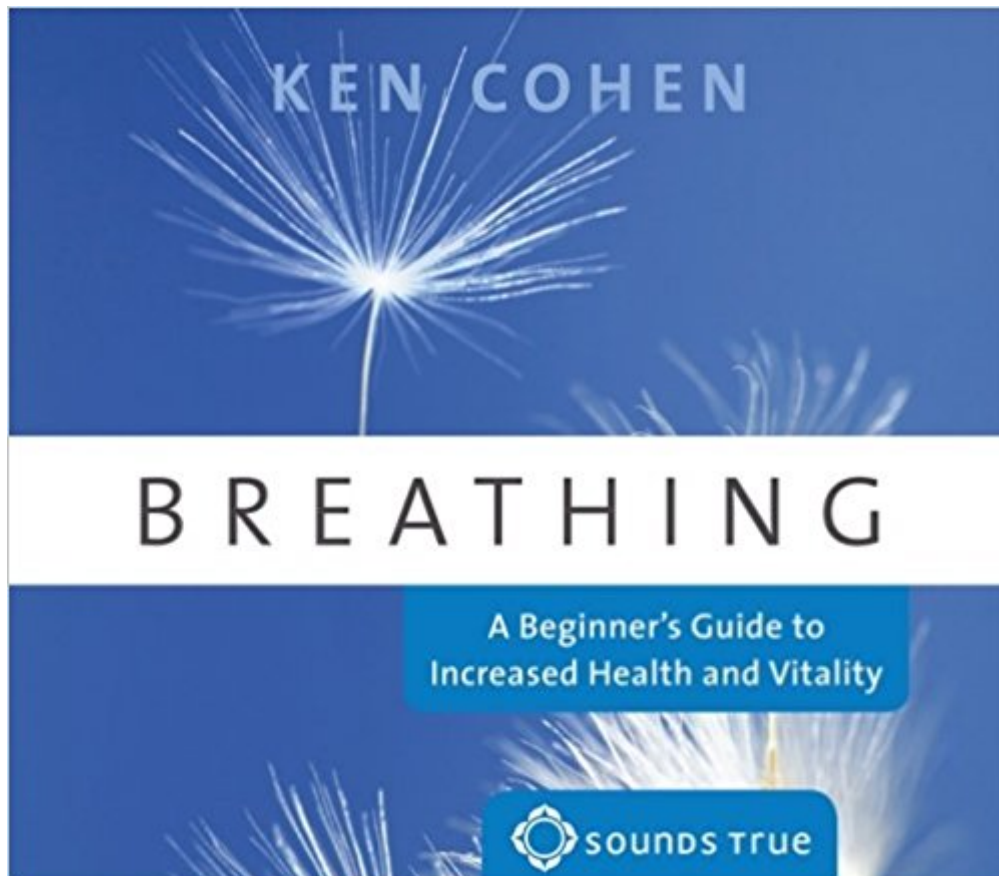




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Breathing: A Beginner's Guide To Increased Health And Vitality



Synopsis

The secret to better health is something you are doing right now: breathing. But are you breathing effectively? Centuries ago, the qigong masters of China discovered that how we breathe has a profound impact on our overall health and awareness. On *Breathing: A Beginner's Guide to Increased Health and Vitality*, qigong expert Ken Cohen teaches listeners how to instantly breathe energy and healing qi (life force) into the body every minute of the day. Here on one CD, he provides a thorough entry-level course for transforming each breath into an opportunity to enter a state of blissful calm, stimulate the body's vital organs, and infuse energy into every cell-whenver or wherever we need to. Listeners join him for:

- An introduction to healthy breathing, including tips for assessing your own breathing habits
- An accessible three-stage approach for transforming your breathing patterns to increase health, energy, and mental clarity
- Four practical exercises for applying breathing practices in different circumstances including guidance for calming yourself in stressful situations
- Tips for tracking your progress as you learn to make the most out of each breath you take

The air we breathe costs nothing. Yet it holds the priceless gift of better health-a gift that listeners will discover immediately, with *Breathing: A Beginner's Guide to Increased Health and Vitality*.

Book Information

Audio CD

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Customer Reviews

The Beginner's Guide to Healthy Breathing is part of the Sounds True Beginner's Guide Series: Practical Wisdom for Busy People, in-depth audio topics on popular topics - each distilled into one information-packed CD. --This text refers to an alternate Audio CD edition.

Ken Cohen Ken Cohen, M.A. (www.kennethcohen.com), is a renowned qigong master, health educator, and winner of the Lifetime Achievement award in energy medicine. A former collaborator with Alan Watts, he is the author of "The Way of Qigong: The Art and Science of Chinese Energy Healing "(Ballantine Books) and more than 200 journal articles on spirituality and health. Ken has been practicing qigong and Tai Chi for more than 40 years and is the pioneer who first introduced qigong in western medical school education. A dynamic and inspiring teacher, Ken s work has been sponsored by the American Cancer Society, the Mayo Clinic, the Canadian Ministry of Health, and numerous universities."

The perfect cd to introduce healthy abdominal breathing to regular folks. Ken is an internationally recognized author, lecturer, and healer. He told me he felt this was his best cd (and the others are pretty darn great!). Re-learning to belly breath is a critical key to good health, and this cd takes you through it step-by-step in a clear, concise, scientific, non-demeaning, accessible way applicable for almost anyone. I recommend it to all my (massage) clients who are having trouble breathing from their diaphragm, and they consistently report that it helped them tremendously. Understand why Healthy Breathing is so important, and learn to successfully integrate into your daily life.

Great CD!!! Wonderful info and tips for deep breathing.

It is a Beginner book on Breathwork. I was expecting a little more, [for myself] but as a fan of Ken Cohen, I will continue to buy his work.

Enjoyed listening to and following the instructions on attaining deep breathing thru the belly. As the author states, this is an especially valuable technique to reach a state of relaxation, and deeper oxygenation of the body. The author provides instructions for his 3 stages in deep breathing.

Is the the same audiobook as has "guide to healthy breathing' from 2006?

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