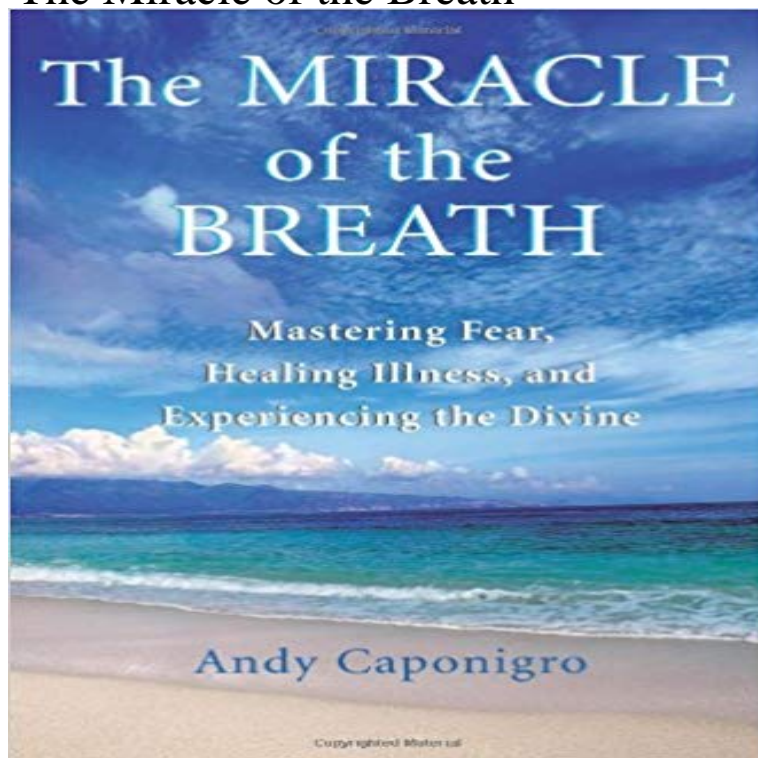


The Miracle of the Breath



Take a Deep Breath. Just breathe. These are common calming mantras, but what do they really mean? Though every second of life is governed by breath, few people pay heed to this important facet of good health. The Miracle of the Breath explores the importance of breath not only to physical well-being but also as a powerful conduit of divine energy. Replete with stories and case studies of people healed from asthma, arthritis, anxiety attacks, and other physical and mental traumas through proper breath work, the book also examines the concept of breath as a spiritual life force. Drawing on methods of observing and controlling the breath developed by ancient masters in India, China, and Tibet, it includes meditations and practice techniques to help readers improve their emotional and spiritual health.

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