



Healthy Breathing: A Practical Course in Breathing Techniques to Rejuvinate and Transform Your Life

Ken Cohen

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Transform the Way You Breathe into a Powerful Ally for Better Health - The secret to better health is something you are doing right now: breathing. But are you breathing effectively? Many centuries ago, the qigong masters of China taught that the practice of breathing is the foundation of health and awareness. On Healthy Breathing, Ken Cohen teaches how you can master this natural way to instantly breathe energy and healing qi (life force) into your body every minute of the day. You will learn to evaluate your own breathing habits and quickly free yourself from inefficient "chest breathing" – a habit common to over half the population. Next, Ken combines scientific principles with these ancient vital practices in four step-by-step exercises. Now with each breath you take, you can bring more oxygen into your body, stimulate your vital organs, and create a blissful calm that penetrates throughout your body. The air we breathe costs nothing. Yet it holds the priceless gift of better health, a gift waiting to be discovered on Healthy Breathing.



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