



## The Miracle of the Breath: Mastering Fear, Healing Illness, and Experiencing the Divine

By Andy Caponigro

New World Library. Paperback. Book Condition: New. Paperback. 352 pages. Dimensions: 8.8in. x 6.0in. x 0.9in.Take a deep breath. Just breathe. Common calming mantras, but what do they really mean Though every second of life is govered 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 as a main 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 breathwork, the book also examines the concept of breath as a spritiual life force. Drawing on methods of breath control developed by ancient masters in India, China, and Tibet, readers learn how to use meditations and practice techniques to improve emotional and spiritual health. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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