

Breatheology The Art Of Conscious Breathing

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That was probably the worst part of my career and I just happened to walk into an Art of Living Course; a weekend course that taught me Sky Breath meditation, a breath-based meditation practice. I had ...

Teaches how to become aware of your breathing and how to train it, you will be able to learn to breathe properly. Your body will immediately absorb more oxygen and after a short time you will have more energy and gain greater mental calmness. It covers how to: Advantages of efficient breathing. Gain more energy in your daily life Become better at managing stress Optimize your work and sport performances Avoid illnesses and get well faster Minimize chronic or transient pain Become happier and more positive Live a healthier and longer life.

#1 NEW YORK TIMES BESTSELLER • PULITZER PRIZE FINALIST • This inspiring, exquisitely observed memoir finds hope and beauty in the face of insurmountable odds as an idealistic young neurosurgeon attempts to answer the question What makes a life worth living? NAMED ONE OF PASTE ' S BEST MEMOIRS OF THE DECADE • NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New York Times Book Review • People • NPR • The Washington Post • Slate • Harper ' s Bazaar • Time Out New York • Publishers Weekly • BookPage Finalist for the PEN Center USA Literary Award in Creative Nonfiction and the Books for a Better Life Award in Inspirational Memoir At the age of thirty-six, on the verge of completing a decade ' s worth of training as a neurosurgeon, Paul Kalanithi was diagnosed with stage IV lung cancer. One day he was a doctor treating the dying, and the next he was a patient struggling to live. And just like that, the future he and his wife had imagined evaporated. When Breath Becomes Air chronicles Kalanithi ' s transformation from a naïve medical student “ possessed, ” as he wrote, “ by the question of what, given that all organisms die, makes a virtuous and meaningful life ” into a neurosurgeon at Stanford working in the brain, the most critical place for human identity, and finally into a patient and new father confronting his own mortality. What makes life worth living in the face of death? What do you do when the future, no longer a ladder toward your goals in life, flattens out into a perpetual present? What does it mean to have a child, to nurture a new life as another fades away? These are some of the questions Kalanithi wrestles with in this profoundly moving, exquisitely observed memoir. Paul Kalanithi died in March 2015, while working on this book, yet his words live on as a guide and a gift to us all. “ I began to realize that coming face to face with my own mortality, in a sense, had changed nothing and everything, ” he wrote. “ Seven words from Samuel Beckett began to repeat in my head: ‘ I can ' t go on. I ' ll go on. ’ ” When Breath Becomes Air is an unforgettable, life-affirming reflection on the challenge of facing death and on the relationship between doctor and patient, from a brilliant writer who became both.

Jon Gabriel lost over 100 kilos without dieting or surgery and amazingly his body shows almost no sign of ever having been morbidly obese. His totally unique and groundbreaking approach to losing weight is backed by solid, cutting edge obesity research from over four years of full-time investigation of the roles of biochemistry, neurobiology, quantum physics and human consciousness in weight-loss. The result is a method that defies "common sense wisdom" and yet achieves dramatic lasting benefits. Celebrity obesity survivors like Muhammad Ali's daughter Khaliah and Robin Moran, star of The Discovery Channel's show Super Obese, are strong advocates of Jon's Weightloss approach, which has also been featured on A Current Affair and Today/Tonight in Australia as well as on numerous radio shows and newspaper articles internationally. In addition to telling Jon's own story of his amazing transformation, the book reveals why diets don't work and explains a truly unique and revolutionary diet-free way to lose weight. It's based on the fact that your body has an internal logic that determines how fat or thin you will be at any given time. The way to lose weight is not to struggle or to force yourself to lose weight but to understand this internal logic and work with it so that your body wants to be thinner. When your body wants to be thinner, weightloss is inevitable and becomes automatic and effortless. You simply crave less food, you crave healthier foods, your metabolism speeds up and you become very efficient at burning fat, just like a naturally thin person. And that's the real

transformation - to transform yourself into a naturally thin person, so that you can eat whatever you want whenever you want and still be thin, fit and vibrantly healthy.

Stressed? Take a deep breath! But what is the science behind the connection between breathing and stress? How can regulated breathing help you prevent Alzheimer ' s disease or cancer? In this seminal work, Sundar Balasubramanian has documented the scientific basis of yoga breathing techniques from an ancient literature called Thirumanthiram. He describes the importance of salivary biochemicals for a long healthy life.

This textbook provides a method that allows freedivers and spearfishermen to identify a training path, aimed at optimizing their results. Detailed guidance is provided on how to structure the various stages of specific preparation for Static, Dynamic, Deep Freediving and Spearfishing. It contains innovative training strategies and new specific exercises and series that can be combined with the traditional ones. You can learn new ideas on how to organize the annual timetable of the training (sequences, orders, frequencies) when to increase the workload, how and when to finalize the specific workout, depending on the discipline. While Umberto Pelizzari shares his experience and his training methodologies and how these latter have evolved and adapted throughout the years. This manual is addressed to good level freedivers, spearfishermen and trainers, who are looking for answers about training and programs. Additionally it can be used by swimmers who want to train their own freediving skills in order to improve their performance. Over 250 pages with helpful pictures and explanatory tables that gather the result of years of experience of one of the worldwide greatest freedivers. Finally it includes interviews of some of the best freedivers in the world: olak, Lozano, Molchanov, Musimu, Nery, Nitsch, Petrovic, Trubridge, Zecchini, Zuccari.

Insomnia? Gone. Anxiety? Gone. All without medication. Unpleasant side effects from blood pressure pills? Gone. A cheap and effective way to combat cardiovascular disease, immune dysfunction, obesity, and GI disorders? Yes. Sounds too good to be true? Believe it. Contemporary science confirms what generations of healers have observed through centuries of practice: Breath awareness can turn on the body ' s natural abilities to prevent and cure illness. The mental and physical stresses of modern life, such as anxiety, frustration, sexual dysfunction, insomnia, high blood pressure, digestive woes, and immune dysfunction can all be addressed through conscious control of your breath. In addition, it can increase energy, accelerate healing, improve cognitive skills, and enhance mental balance. Yet most of us stopped breathing in the anatomically " right " way, the way to take advantage of these benefits, when we were four or five years old. We now mostly breathe in a way that is anatomically incongruous and makes for more illness. Dr. Vranich shows readers how to turn back the tide of stress and illness, and improve the overall quality of their life through a daily breathing workout. In a fascinating, straightforward, jargon-free exploration of how our bodies were meant to breathe, Dr. Belisa Vranich delves into the ins and outs of proper breathing. By combining both anatomy and fitness with psychology and mindfulness, Dr. Vranich gives readers a way of solving health problems at the crux and healing themselves from the inside out. BREATHE is an easy-to-follow guide to breathing exercises that will increase energy, help lose weight, and make readers feel calmer and happier.

One Breath is a gripping and powerful exploration of the strange and fascinating sport of freediving, and of the tragic, untimely death of America ' s greatest freediver Competitive freediving—a sport built on diving as deep as possible on a single breath—tests the limits of human ability in the most hostile environment on earth. The unique and eclectic breed of individuals who freedive at the highest level regularly dive hundreds of feet below the ocean ' s surface, reaching such depths that their organs compress, light disappears, and one mistake could kill them. Even among freedivers, few have ever gone as deep as Nicholas Mevoli. A handsome young American with an unmatched talent for the sport, Nick was among freediving ' s brightest stars. He was also an extraordinary individual, one who rebelled against the vapid and commoditized society around him by relentlessly questing for something more meaningful and authentic, whatever the risks. So when Nick Mevoli arrived at Vertical Blue in 2013, the world ' s premier freediving competition, he was widely expected to challenge records and continue his meteoric rise to stardom. Instead, before the end of that fateful competition Nick Mevoli had died, a victim of the sport that had made him a star, and the very future of free diving was called into question. With unparalleled access and masterfully crafted prose, One Breath tells his unforgettable story, and of the sport which shaped and ultimately destroyed him.

Describes the anatomy and physiology of breathing, as well as the subtle yogic science of prana.

Sundar Balasubramanian shows us that this ancient yoga practice is about more than relaxing-it can change us at the cellular level. -Discover Magazine Top of the 18 most groundbreaking recent discoveries on yoga's healing powers. -Yoga Journal Mind Your Breathing: The Yogi's Handbook with 37 Pranayama Exercises is from the award-winning author Sundar Balasubramanian In this work, Sundar compiles popular Pranayama techniques, their ingeniously modified variations, and some brand new exercises stemming from the ancient Siddha wisdom. This book, which captures the essence of the wisdom of centuries along with the innovations resulting from the author's ongoing research into the subject, is the best gift to your Yogi friend.

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