

# The Art Of Breathing

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The Art of Breathing. Wisdom Teachings The Journey Inside. Universal Functional Principles. Air continuously streams in and out of our bodies. As long as we are alive, we breathe - without being conscious of it. Breathing is an occurrence, like the beating of the heart, the circulation of the blood, or the chemistry of the liver.

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The Art of Breath: Brian Mackenzie 'Breathing is the physiological intercept to our mental state. So, if things are going haywire, I can turn back to my breathing and control the physiological reactions that are happening in my mind. If I can take a step back and do that, I'm actually fixing the entire system.'

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## **The Art of Breathing**

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initiated automatically once we are born, but in most cases, we do certain things that impact the natural and undisrupted functioning of the lungs.

## **The Art of Breathing: Amazon.co.uk: Penman, Dr Danny**

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work for us, not just with us.

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The Art of Breathing is a breath of fresh air.' (Rosemary Byfield, The Epoch Times) About the Author. Dr Danny Penman is a qualified meditation teacher and an award winning writer and journalist. He is co-author of the international bestseller Mindfulness: A Practical Guide to Finding Peace in a Frantic World.