

Do Breathe Calm Your Mind Find Focus Get Stuff Done Do Books

"First published in Australia in 2018 by Little Steps Publishing"--Copyright page. For anyone who feels overwhelmed by the demands and anxieties of daily life, Do Breathe provides practices for fostering relaxation, awareness, and focus. This book features sections on breath work, mindfulness, energy, and courage, and is brimming with practical advice—including the three keys to breathing well and a how-to for decluttering the mind. With simple exercises and daily practices from yoga, meditation, and mindfulness, these inspiring pages will help readers cultivate a balanced mindset and build a foundation for a joyful, peaceful life.

Winner of the 2019 Moonbeam Children's Mind, Body, Spirit Bronze Medal and a 2020 Mom's Choice Awards® Gold Recipient! An engaging and interactive story showing children ages 3-6 the power of breath when dealing with new and difficult emotions. Read aloud and breathe along with this sweet story teaching children how to navigate powerful emotions like anger, fear, sadness, confusion, anxiety, and loneliness. With rhythmic writing and engaging illustrations, Breathing Makes It Better guides children to breathe through their feelings and find calm with recurring cues to stop and take a breath. Simple guided practices, like imagining you are a tree blowing in the wind, follow each story to teach children how to apply mindfulness techniques when they

need them the most.

Do you constantly feel anxious? Do you have panic attacks that make you feel as though you are about to lose control? You are not alone. In fact, anxiety disorders are among the most common mental health conditions faced by our society. Perhaps you've tried therapy or medication and have not found any real, lasting relief for your symptoms. So where do you go from here? *Calming the Rush of Panic* will introduce you to the practices of mindfulness-based stress reduction (MBSR)—a proven-effective meditational method developed by Jon Kabat-Zinn—as a way to work through episodes of panic. After an informative introduction to MBSR, you will be guided through a number of exploratory practices and meditations to transform your panic into peace." Each chapter in the book contains informational background on the topic, guided meditations, and up to 10 practices that let you put the information and skills you will learn into action. The book promotes mindfulness-based practices and exercises to help you deal with the physical, emotional, and mental effects of panic, and inside you will learn foundational MBSR meditation practices, including mindful breathing, sitting meditation, and loving-kindness meditation. If your fear response is out of sync with the situations you find yourself in, this book will show you that your thoughts are just thoughts—they are just one part of you. This quick, accessible book is the first to use an MBSR approach to specifically target panic attacks and panic disorder, and its goal is to show you what exists beyond your panic—a life filled with a greater sense of calm,

connection, and happiness.

In this picture book for children and adults, illustrated by Jim Durk, who is adored by thousands of children for his many Clifford the Big Red Dog and Thomas the Steam Engine books, a young boy discovers his mind is like a puppy, always wandering away, into the past or the future. He sets about learning to train his puppy mind to heel to the present moment. Through remembering to breathe, the boy becomes a stronger and more caring master of his puppy mind, keeping it in the present, if only for a moment. Includes a link to a discussion guide for parents and teachers.

NATIONAL BESTSELLER • An award-winning psychologist reveals the hidden power of our inner voice and shows how to harness it to combat anxiety, improve physical and mental health, and deepen our relationships with others. “A masterpiece.”—Angela Duckworth, bestselling author of *Grit* • Malcolm Gladwell, Susan Cain, Adam Grant, and Daniel H. Pink’s Next Big Idea Club Winter 2021 Winning Selection One of the best new books of the year—The Washington Post, BBC, USA Today, CNN Underscored, Shape, Behavioral Scientist, PopSugar • Kirkus Reviews, Publishers Weekly, and Shelf Awareness starred reviews Tell a stranger that you talk to yourself, and you’re likely to get written off as eccentric. But the truth is that we all have a voice in our head. When we talk to ourselves, we often hope to tap into our inner coach but find our inner critic instead. When we’re facing a tough task, our inner coach can buoy us up: Focus—you can do this. But, just as often, our inner critic sinks us entirely: I’m

going to fail. They'll all laugh at me. What's the use? In *Chatter*, acclaimed psychologist Ethan Kross explores the silent conversations we have with ourselves. Interweaving groundbreaking behavioral and brain research from his own lab with real-world case studies—from a pitcher who forgets how to pitch, to a Harvard undergrad negotiating her double life as a spy—Kross explains how these conversations shape our lives, work, and relationships. He warns that giving in to negative and disorienting self-talk—what he calls “chatter”—can tank our health, sink our moods, strain our social connections, and cause us to fold under pressure. But the good news is that we're already equipped with the tools we need to make our inner voice work in our favor. These tools are often hidden in plain sight—in the words we use to think about ourselves, the technologies we embrace, the diaries we keep in our drawers, the conversations we have with our loved ones, and the cultures we create in our schools and workplaces. Brilliantly argued, expertly researched, and filled with compelling stories, *Chatter* gives us the power to change the most important conversation we have each day: the one we have with ourselves.

With all the things you need to do, your mind can easily get cluttered. Learn to declutter by taking some time off and focus only on coloring. There is a meditative benefit to coloring as an activity because it draws you into the shapes and forms that you need to work on. Spend as much time as you need in coloring!

A scientifically proven program to alter the body's physical baseline response to

stress--working specifically with heart rate--to fine-tune reflexes and perform at maximum potential.

INSTANT NEW YORK TIMES BESTSELLER The only definitive book authored by Wim Hof on his powerful method for realizing our physical and spiritual potential. “This method is very simple, very accessible, and endorsed by science. Anybody can do it, and there is no dogma, only acceptance. Only freedom.” —Wim Hof Wim Hof has a message for each of us: “You can literally do the impossible. You can overcome disease, improve your mental health and physical performance, and even control your physiology so you can thrive in any stressful situation.” With *The Wim Hof Method*, this trailblazer of human potential shares a method that anyone can use—young or old, sick or healthy—to supercharge their capacity for strength, vitality, and happiness. Wim has become known as “The Iceman” for his astounding physical feats, such as spending hours in freezing water and running barefoot marathons over deserts and ice fields. Yet his most remarkable achievement is not any record-breaking performance—it is the creation of a method that thousands of people have used to transform their lives. In his gripping and passionate style, Wim shares his method and his story, including:

- **Breath**—Wim’s unique practices to change your body chemistry, infuse yourself with energy, and focus your mind
- **Cold**—Safe, controlled, shock-free practices for using cold exposure to enhance your cardiovascular system and awaken your body’s untapped strength
- **Mindset**—Build your willpower, inner clarity, sensory awareness,

and innate joyfulness in the miracle of living • Science—How users of this method have redefined what is medically possible in study after study • Health—True stories and testimonials from people using the method to overcome disease and chronic illness • Performance—Increase your endurance, improve recovery time, up your mental game, and more • Wim’s Story—Follow Wim’s inspiring personal journey of discovery, tragedy, and triumph • Spiritual Awakening—How breath, cold, and mindset can reveal the beauty of your soul Wim Hof is a man on a mission: to transform the way we live by reminding us of our true power and purpose. “This is how we will change the world, one soul at a time,” Wim says. “We alter the collective consciousness by awakening to our own boundless potential. We are limited only by the depth of our imagination and the strength of our conviction.” If you’re ready to explore and exceed the limits of your own potential, The Wim Hof Method is waiting for you.

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.

Learn the power of mindful breathing through the fun and interactive exercises in this book. With *The Breathing Book*, young readers discover the power of mindful awareness through a series of breathing practices and engaging activities designed to calm the mind and body, set positive intentions, and spark creativity and imagination. A book that’s much more than just a book, this interactive offering from Christopher Willard and Olivia Weisser invites readers to bring their full attention to the sights, sounds, and tactile sensations that arise as they explore the practices on each page

with awareness. With simple instructions and delightful illustrations, you'll use your breath to bring this book to life by turning the pages ... balancing the book on your head, hand, or belly ... tracing shapes and labyrinths ... "reframing" troubling thoughts and feelings ... sending kind wishes to people and our planet ... and many more activities that can be practiced again and again.

New York Times bestselling author Dr. Daniel Amen equips you with powerful weapons to battle the inner dragons that are breathing fire on your brain, driving unhealthy behaviors, and robbing you of joy and contentment. Your brain is always listening and responding to these hidden influences and unless you recognize and deal with them, they can steal your happiness, spoil your relationships, and sabotage your health. This book will teach you to tame the: 1. Dragons from the Past that ignite your most painful emotions; 2. Negative Thought Dragons that attack you, fueling anxiety and depression; 3. They and Them Dragons, people in your life whose own dragons do battle with yours; 4. Bad Habit Dragons that increase the chances you'll be overweight, overwhelmed, and an underachiever; 5. Addicted Dragons that make you lose control of your health, wealth, and relationships; 6. Scheming Dragons, advertisers and social media sites that steal your attention. In *Your Brain Is Always Listening*, Dr. Daniel Amen shows you how to recognize harmful dragons and gives you the weapons to vanquish them. With these practical tools, you can stop feeling sad, mad, nervous, or out of control and start being happier, calmer, and more in control of your own destiny.

Read Free Do Breathe Calm Your Mind Find Focus Get Stuff Done Do Books

Use breathwork to transform every area of your life. New science has revealed the effectiveness of breathwork to balance the body, relieve stress, control anxiety, boost self-esteem, and more. In a beautifully illustrated package, *Breathwork* gives you 50 step-by-step practices that you can use at home, each with expert advice on body position, depth of breath, speed of breath, visualization, duration, and repetition. Techniques include conscious connected breathing, pranayama, and qigong breathwork. With internationally renowned author and teacher Nathalia Westmacott-Brown, you'll learn how to breathe mindfully and with control, using different breath practices for targeted outcomes - from overcoming insomnia to releasing anger or relieving depression. Breathing with purpose can help you to heal - and become the healthiest and happiest you can be.

Do BreatheCalm your mind. Find focus. Get stuff done.Chronicle Books

When you get the right balance in life you can do amazing things - creating, performing or building a great business. But so often the scales tip and we quickly become overwhelmed, stressed and demotivated. Breathing well is one of the best and simplest ways to achieve and maintain balance and resilience. By using simple techniques, focused breathing can bring the mental clarity, momentum and wellbeing needed to help you move on. Bringing together the latest scientific research and traditional practices including meditation, yoga and mindfulness, each chapter ends with a simple but powerful 5 minute exercise to encourage new daily habits -- or to provide instant

calm and clarity before a challenging scenario such as a presentation. Do Breathe will give you all the practical wellbeing and well-doing tips and techniques to change the way you do things - and how you feel while doing them. A handbook for Doers who forget to be. Why not breathe yourself better?

Harness the power of your breath to nourish your mind, body, and spirit. For anyone in search of peace, clarity, and calm, Breathwork is an all-levels handbook of breathwork techniques—the practice of combining breathing exercises with meditation. Decrease anxiety, foster energy, and build awareness using breathwork traditions. • Covers foundational breathing techniques from a range of traditions—including Zen breathing, Somatic breathing, and Holotropic breathing • Teaches simple-to-follow breathing exercises that you can do on your own • Unintimidating and highly accessible to beginners With practices for energy, healing, awareness, stress relief, and more, this all-levels guide gives you everything you need to find balance and clarity. All you need is your breath to foster health and happiness. • The perfect book for anyone seeking simple self-care techniques to help for their mind, body, and spirit • A useful skill to learn and pair with other mindfulness practices, such as meditation and yoga • Great for readers who enjoyed *The Little Book of Mindfulness* by Patricia Collard, *Calm* by Michael Acton Smith, and *The Healing Power of the Breath* by Richard Brown

One morning in 2011, Libby DeLana stepped outside her New England home for a walk. She did the same thing the next day, and the next. It became a daily habit

that has culminated in her walking over 25,000 miles - the equivalent of the earth's circumference. In *Do Walk*, Libby shares the transformative nature of this simple yet powerful practice. She reveals how walking each day provides the time and space to reconnect with the world around us; process thoughts; improve our physical wellbeing; and unlock creativity. It is the ultimate navigational tool that helps us to see who we are - beyond titles and labels, and where we want to go. With stunning photography, this inspiring and reflective guide is an invitation to step outside, and see where the path takes us.

In this time of quarantine and global uncertainty, it can be difficult to deal with the increased stress and anxiety. Using ancient self-care techniques rediscovered by Herbert Benson, M.D., a pioneer in mind/body medicine for health and wellness, you can relieve your stress, anxiety, and depression at home with just ten minutes a day. Herbert Benson, M.D., first wrote about a simple, effective mind/body approach to lowering blood pressure in *The Relaxation Response*. When Dr. Benson introduced this approach to relieving stress over forty years ago, his book became an instant national bestseller, which has sold over six million copies. Since that time, millions of people have learned the secret—without high-priced lectures or prescription medicines. *The Relaxation Response* has become the classic reference recommended by most health care professionals

and authorities to treat the harmful effects of stress, anxiety, depression, and high blood pressure. Rediscovered by Dr. Benson and his colleagues in the laboratories of Harvard Medical School and its teaching hospitals, this revitalizing, therapeutic tack is now routinely recommended to treat patients suffering from stress and anxiety, including heart conditions, high blood pressure, chronic pain, insomnia, and many other physical and psychological ailments. It requires only minutes to learn, and just ten minutes of practice a day.

I breathe slowly in, I breathe slowly out. My breath is a river of peace. I am here in the world. Each moment I can breathe and be. Hear thunder crash, feel your toes touch sand, and watch leaves drift softly away on a quiet stream. The simple poems in *Breathe and Be* help children learn mindfulness as they connect to the beauty of the natural world. Mindfulness teaches us how to stay calm, soothe our emotions, and appreciate the world around us. Whether we're watching tiny colored fish darting in the water or exploring the leaves, branches, and roots of a towering tree, the thoughtful words and the lovely art of *Breathe and Be* remind us how much joy we can find by simply living with awareness and inner peace.

Ages 4–8

International bestselling author Dr. Danny Penman provides a concise guide to letting go, finding peace, and practicing mindfulness in a messy world, simply by

taking the time to breathe. With these simple exercises he teaches you how to dissolve anxiety, stress, and unhappiness, enhance your mind, and unleash your creativity. You will start to smile more, worry less, and with each little moment of mindfulness, discover a happier, calmer you. It really is as easy as breathing. All you need is a chair, a body, some air, and your mind. That's it!

We breathe over 20,000 times a day. But most of us don't breathe properly – years of stress and anxiety mean we breathe through our chest, forgetting to use our diaphragm and stomach. We shallow breathe, we hold our breath – all bad for us. Breathe badly and it affects everything we do. Hold your breath and your blood pressure goes up, your physiology is affected. Learn to breathe correctly and you will be calmer, lose weight, sleep better. Take a deep breath – and learn how to breathe again.

Age range 3 to 6 Mad Magpie is the third book in this successful series of morality tales from Gregg Dreise. Inspired by wise sayings and the knowledge of his Elders, Mad Magpie tells the story of Guluu, an angry magpie who is being teased by a gang of butcher birds. The more he is teased, the angrier he becomes. When Guluu seeks advice, his Elders tell him to stay calm like the river, ignore the butcher birds and to be strong on the inside. Guluu tries this, but the cheeky birds just laugh at him. One day, when Guluu is at the river looking for

worms, the butcher birds arrive and steal his food. He remembers the words of his Elders and he tries again – and this time Guluu has a different outcome. He stands proudly at the riverbank and remembers how he used to sing when he was having a bad day. Guluu sings so loud he cannot hear the birds laughing at him and they eventually give up and fly away. From that time on, the animals learnt to use music to create a happy mood and they worked together to stop bullying.

Breathe Like a Bear is a beautifully illustrated collection of mindfulness exercises designed to teach kids techniques for managing their bodies, breath, and emotions. Best of all, these 30 simple, short breathing practices and movements can be performed anytime, anywhere: in the car to the grocery store, during heavy homework nights at home, or even at a child's desk at school. Based on Kira Willey's Parents' Choice GOLD Award-winning CD, Mindful Moments for Kids, this one-of-a-kind book is sure to help kids find calm, gain focus, and feel energized during the day, and encourage families to establish a fun and consistent mindfulness practice, whether at home or on the go.

At a time when a bit more listening might serve us well, Do Listen is a handy guide to the art of communication. For anyone who wants to hold meaningful conversations, speak with eloquence, and build community, here is an accessible

handbook with tips on how to listen skillfully, take a discussion deeper, and speak about difficult topics with respect. Full of exercises and practices that can be applied in the workplace, at a social event, or around the dinner table, Do Listen provides readers with the tools to hold engaging conversations and create profound personal connections.

This e-book is a shorter version of the paperback, with the same beautifully designed content excluding the practical exercise pages - perfect to dip in and out, and choose which bits work best for you. Join the Calm revolution. Modern life is hectic and relentless: trains delayed, endless emails filling the inbox, kids squabbling before bedtime... There has never been a more important time to rediscover your pause button. Calm is the book that will show you how to take back a little bit of peace, space and all-important calm. This book contains the simple tools, tricks and habits that will change the rest your life. It is a practical and pleasurable guide to twenty-first century mindfulness. Regular meditation is medically proven to be good for you - it increases focus and creativity, productivity and job satisfaction, mental and even physical health. But in reality most of us don't have time to sit on a cushion with our eyes closed for half an hour every day. And many people associate meditation with hard work and huge lifestyle shifts: you might be imagining Buddhist monks locked in a mountain retreat and living off gruel... This is where Calm comes in. Calm is about simple, achievable habits that work with the demands of your busy life instead of pretending those demands don't

exist. Calm does not require specialist training: it uses abilities that every single one of us is born with, like creativity, spontaneity and simply noticing the world around you. Calm is not a set of rules that you need to worry about following or breaking. It is inspirational, practical and non-prescriptive. Onerous, time-consuming meditation might seem out of reach but everyone can achieve calm - including you. Calm combines extracts from fascinating neurological research with wisdom from history's great thinkers and the real-life experiences of individuals across the globe. It demystifies mindfulness and shows you the many simple ways to be mindful while carrying on with your life. It is also a beautifully crafted object, filled with artwork and artistry, that will change your perspective by showing you the pleasures of the world anew. Take a walk with nowhere to go, savour a chocolate on the tip of your tongue, plant a seed, doodle aimlessly, turn off your mobile phone for five short minutes. Smile, breathe and go slowly. Michael Acton Smith has written a game-changing book, one that will finally balance everyone's need for calm with the realities of modern life. Join the Calm revolution. Calm your mind; change your world. Calm.com @calm

A too-busy brain can interfere with attention, concentration, mood and even the ability to make decisions and solve problems. Annibali shows you how to restore cognitive calm, and provides useful suggestions to help you understand your own brain functions so you can discover which techniques will work for you.

A simple guide to breathwork by a lauded expert that takes you through 25 simple

practices for everyday situations, such as de-stressing, managing anger, falling asleep, connecting with others, and more. In *How to Breathe*, breathwork expert Ashley Neese gives practical guidance for channeling the power of your breath to help you tackle common challenges with mindfulness and serenity. The book first introduces you to the foundations of breathwork, outlining the research-supported benefits of the practice and explaining how the breath relates to emotions and resilience. Neese then offers 25 customized practices that she has created for clients over the last decade. Each practice features an introduction explaining the origin, benefits, and purpose of the breathwork, followed by step-by-step instructions and post-practice notes. With transporting photography and modern design, *How to Breathe* shows how small exercises can have a huge impact on daily health and happiness.

Breathe out your worries and breathe in calm. This friendly support is an essential handbook to help tackle stress, anxiety, and to make everyday living easier for everyone. Breathwork is an ancient practice backed up by modern science. It is not just for the spiritually enlightened! It is a simple but powerful way for everyone to boost their health and happiness. Rebecca Dennis is the UK's leading breath coach, who has helped hundreds of people for over a decade to overcome all kinds of common issues simply using breathing exercises. Dive into bite-size sections with easy, immediately impactful methods to help you with: anxiety and stress, grief, to find happiness and positivity, confidence, focus at work, energy, deeper sleep, stronger immunity and to

slow ageing, find resilience and recovering (from illness), as well as family-friendly exercises to help both children and parents.

The award-winning New York Times bestseller about the extraordinary things that can happen when we harness the power of both the brain and the heart Growing up in the high desert of California, Jim Doty was poor, with an alcoholic father and a mother chronically depressed and paralyzed by a stroke. Today he is the director of the Center for Compassion and Altruism Research and Education (CCARE) at Stanford University, of which the Dalai Lama is a founding benefactor. But back then his life was at a dead end until at twelve he wandered into a magic shop looking for a plastic thumb. Instead he met Ruth, a woman who taught him a series of exercises to ease his own suffering and manifest his greatest desires. Her final mandate was that he keep his heart open and teach these techniques to others. She gave him his first glimpse of the unique relationship between the brain and the heart. Doty would go on to put Ruth's practices to work with extraordinary results—power and wealth that he could only imagine as a twelve-year-old, riding his orange Sting-Ray bike. But he neglects Ruth's most important lesson, to keep his heart open, with disastrous results—until he has the opportunity to make a spectacular charitable contribution that will virtually ruin him. Part memoir, part science, part inspiration, and part practical instruction, *Into the Magic Shop* shows us how we can fundamentally change our lives by first changing our brains and our hearts.

The instant New York Times bestseller A step-by-step plan clinically proven to break the cycle of worry and fear that drives anxiety and addictive habits We are living through one of the most anxious periods any of us can remember. Whether facing issues as public as a pandemic or as personal as having kids at home and fighting the urge to reach for the wine bottle every night, we are feeling overwhelmed and out of control. But in this timely book, Judson Brewer explains how to uproot anxiety at its source using brain-based techniques and small hacks accessible to anyone. We think of anxiety as everything from mild unease to full-blown panic. But it's also what drives the addictive behaviors and bad habits we use to cope (e.g. stress eating, procrastination, doom scrolling and social media). Plus, anxiety lives in a part of the brain that resists rational thought. So we get stuck in anxiety habit loops that we can't think our way out of or use willpower to overcome. Dr. Brewer teaches us map our brains to discover our triggers, defuse them with the simple but powerful practice of curiosity, and to train our brains using mindfulness and other practices that his lab has proven can work. Distilling more than 20 years of research and hands-on work with thousands of patients, including Olympic athletes and coaches, and leaders in government and business, Dr. Brewer has created a clear, solution-oriented program that anyone can use to feel better - no matter how anxious they feel. Do Books provide readers with the tools and inspiration to live a fulfilled and engaged life. Whether it's mastering a new skill, cultivating a positive mindset, or finding

inspiration for a new project, these books dispense expert wisdom on subjects related to personal growth, business, and slow living. Written by the movers, shakers, and change makers who have participated in the DO Lectures in the United Kingdom and the United States, Do Books are packed with easy-to-follow exercises, bite-size tips, and striking visuals. Practical, useful, and encouraging, each book delivers trustworthy, empowering guidance so readers can succeed in whatever they choose to "do." Do Fly invites readers to discover their true path in life and follow it with purpose. Featuring advice on discovering hidden passions, picking a mentor, cultivating an optimistic and resilient mindset, and identifying personal strengths, these pages are a rousing call to build a life that is personally and professionally rewarding.

Hailed by Tony Robbins as the “definitive breathwork handbook,” Just Breathe will teach you how to harness your breath to reduce stress, increase productivity, balance your health, and find the path to spiritual awakening. Big meeting jitters? Anxiety over a test or taxes? Hard time focusing? What if you could control your outcomes and change results simply by regulating your breath? In this simple and revolutionary guide, world-renowned pioneer of breathwork Dan Brulé shares the Breath Mastery technique that has helped people in more than fifty countries reduce anxiety, improve their health, and tap infinite stores of energy. Just Breathe reveals the truth that elite athletes, champion martial artists, Navy SEAL warriors, first responders, and spiritual yogis have always known—when you regulate your breathing, you can moderate your state of well-being.

So if you want to clear and calm your mind and spark peak performance, the secret is just a breath away. Breathwork gives you the tools to achieve benefits in a wide range of issues including: managing acute/chronic pain; helping with insomnia, weight loss, attention deficit, anxiety, depression, trauma, and grief; improving intuition, creativity, mindfulness, self-esteem, and leadership; and much more. Recommended “for those who wish to destress naturally” (Library Journal), Just Breathe will help you utilize your breath to benefit your body, mind, and spirit.

Here’s a drug-free, side effect–free solution to common stress and mood problems—developed by two physicians. Millions of Americans suffer from mood problems and stress-related issues including anxiety, depression, insomnia, and trauma-induced emotions and behaviors; and most would prefer not to take medication for their conditions due to troublesome side effects, withdrawal symptoms, and disappointing success rates. Drs. Richard P. Brown and Patricia L. Gerbarg provide a drug-free alternative that works through a range of simple breathing techniques drawn from yoga, Buddhist meditation, the Chinese practice of qigong, Orthodox Christian monks, and other sources. These methods have been scientifically shown to be effective in alleviating specific stress and mood challenges such as anxiety, insomnia, post-traumatic stress disorder, and many others. The authors explain how breathing practices activate communication

pathways between the mind and the body, positively impacting the brain and calming the stress response.

Winner of BEST BOOK OF THE YEAR from COVR (The Coalition of Visionary Resources), that recognizes the best new products in the New Age industry. Enlightened sleep practices for the modern mind. Buddha's Book of Sleep is the first book to address sleep disturbances with techniques from mindfulness meditation. Yet this is a natural choice—mindfulness meditation has proven effective for psychological problems such as stress, depression, and anxiety, and these very issues are what become sleep problems when your head hits the pillow. Divided into two sections, the book approaches sleep deprivation with a combination of wisdom and practical meditation exercises. The first section explains why mindfulness meditation, with its basis in self-awareness, is appropriate for dealing with sleeping problems, and details the practices of this increasingly popular form of meditation. The second section features seven specific exercises to do at bedtime or in the wee hours of the morning, or whenever your sleeping trouble occurs. With a foreword by Thich Nhat Hanh. Providing a new perspective on why you cannot fall asleep even when you feel exhausted, and arming you with easy-to-use mindfulness meditation exercises, Buddha's Book of Sleep will help you calm your hurried thoughts, and go from

feeling always sleepy to getting the rest you need.

Boost Energy, Combat Stress, and Improve Heart Health Breathing is something we all know how to do. And yet, the majority of us lose our natural ability to breathe fully: we are conditioned from an early age to control our feelings and emotions, and as a result our muscles tighten and our breathing patterns become restricted. The impact on our mental and physical well-being is huge. Breath coach Rebecca Dennis shares the deep diaphragmatic breathing exercises that she uses with her clients to combat issues such as anxiety, depression, and low self-esteem--techniques that helped her heal from her own depression. With simple exercises that can be done anywhere, anytime, And Breathe shows you how to harness the power of your own breath through conscious breathing, which helps alleviate stress, fatigue, and negative emotions. The result? You'll feel calm yet energized, focused yet relaxed. Full of tips and real-life testimonials, the heart of And Breathe is the exercises, which show you how to: Conquer anxious thought patterns Relax and calm your mind Improve sleep Quell pre-meeting butterflies or email overload Increase physical energy Expand your creativity By learning how to consciously connect to your breathe and encourage its natural rhythms, you can let go of any unwanted patterns of emotions, blockages, and tension holding you back. Just open the book...and breathe.

Pausing gives us the space to notice new possibilities and appreciate life's beauty and potential. Do Pause illuminates the benefits of pauses and provides practical ways to incorporate mindful pauses into everyday life.

When you're mad or worried or can't wake up in the morning, what can you do? Use the amazing superpower that you already have—breathing. Our newest offering from the bestselling creators of Good Night Yoga teaches kids fun and easy breathing practices based on the proven methods of yoga and mindfulness meditation. Sample practices: When something makes you mad or even feels unfair, try this counting breath and you'll feel calmer there. Sit up and let your spine grow tall. Take a deep breath in, counting silently 1 . . . 2 . . . 3. Then let your breath out slowly, counting 1 . . . 2 . . . 3. When you go somewhere you've never been and you aren't sure what to do, you can use a dandelion breath to feel more comfortable trying something new. Sit up and let your spine grow tall. Put one hand on your chest. Place your other hand on your belly. Take slow deep breaths and feel your chest and your belly move up and down as the air goes in and out of your body. At night when it's hard to fall asleep because your mind is busy and your body feels tight, try balloon breath to get relaxed and ready for a good night. Lie down on your back and let your hands rest by your sides, palms up. Inhale through your nose and imagine filling your body with

breath like a big balloon. Exhale and blow the air out through your mouth. What color is your balloon?

A New York Times Bestseller A Washington Post Notable Nonfiction Book of 2020 Named a Best Book of 2020 by NPR “A fascinating scientific, cultural, spiritual and evolutionary history of the way humans breathe—and how we’ve all been doing it wrong for a long, long time.” —Elizabeth Gilbert, author of *Big Magic* and *Eat Pray Love* No matter what you eat, how much you exercise, how skinny or young or wise you are, none of it matters if you’re not breathing properly. There is nothing more essential to our health and well-being than breathing: take air in, let it out, repeat twenty-five thousand times a day. Yet, as a species, humans have lost the ability to breathe correctly, with grave consequences. Journalist James Nestor travels the world to figure out what went wrong and how to fix it. The answers aren’t found in pulmonology labs, as we might expect, but in the muddy digs of ancient burial sites, secret Soviet facilities, New Jersey choir schools, and the smoggy streets of São Paulo. Nestor tracks down men and women exploring the hidden science behind ancient breathing practices like Pranayama, Sudarshan Kriya, and Tummo and teams up with pulmonary tinkerers to scientifically test long-held beliefs about how we breathe. Modern research is showing us that making even slight adjustments to the way we inhale

and exhale can jump-start athletic performance; rejuvenate internal organs; halt snoring, asthma, and autoimmune disease; and even straighten scoliotic spines. None of this should be possible, and yet it is. Drawing on thousands of years of medical texts and recent cutting-edge studies in pulmonology, psychology, biochemistry, and human physiology, *Breathe* turns the conventional wisdom of what we thought we knew about our most basic biological function on its head. You will never breathe the same again.

In times of intense stress and anxiety, you need instant relief. *Breathe In Calm* offers powerful neuroscience-based strategies grounded in mindfulness and yogic breathing to help you find the peace you deserve. Anxiety affects all aspects of life--including career, family, and relationships. And if you have anxiety, you may feel helpless against your symptoms, and a victim to their impact. But nothing could be further from the truth. You are stronger than your anxiety, and you have all the resources you need to manage it. You just need to learn how to use them. This practical guide will empower you to take charge of your anxiety, so you can take charge of your life. In *Breathe in Calm*, a neuroscientist and yoga expert offers powerful tips to help you identify when anxiety is rising, so you can stop feeling helpless and start being proactive. You'll find calming tools--including yogic breathing, mindfulness, and acceptance--to

actively soothe your nervous system and regulate your physical and emotional state. You'll also learn ways to stay calm in the moment, develop confidence, and courageously move forward in pursuing the life you desire. This anti-anxiety tool kit includes: Yogic breathing practices and easy postures to soothe the body and mind Mindfulness and acceptance tools to help you stay grounded and focused on what matters Tools to help you gain awareness of the habits driving your anxiety Kindness and compassion tools for self-care Tons of downloadable guided meditations and songs Anxiety doesn't have to run your life. If you're ready to breathe in calm, and breathe out stress, worry, and anxiety--this book will show you how to get started right away.

From New York Times bestselling author Nick Ortner comes a beautiful picture book that will help children discover calm through the magic of mindful breathing: Do YOU have the magic breath? Let's see...Take a deeeeeep breath in...and BLOW it out... ..and like magic, you can feel better just by breathing! Sometimes it's hard to feel happy. But with this interactive picture book, children breathe along as they learn how to make angry or sad thoughts disappear. In a world that is sometimes too busy, with too many things going on, My Magic Breath will help steer children into a serene space of mindfulness, self-awareness, and balance. A wonderful classroom and naptime story, this book is perfect for fans of Susan

