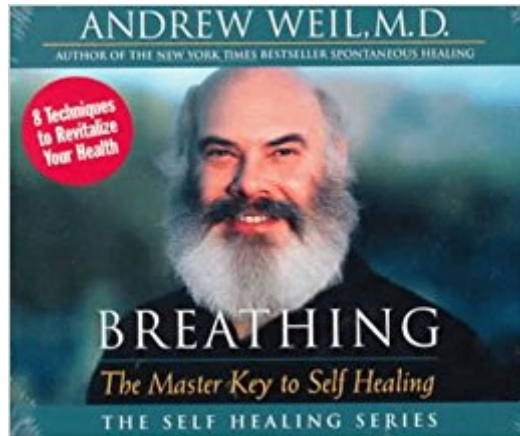




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Breathing: The Master Key To Self Healing



Synopsis

The health you enjoy today, and for the rest of your life, begins with your next breath. In fact, breathing is so crucial to your body's ability to heal and sustain itself that Dr. Andrew Weil says, "If I had to limit my advice on healthier living to just one tip, it would be simply to learn how to breathe correctly." On *Breathing: The Master Key to Self-Healing*, listeners will learn a complete course of eight breathing exercises that Dr. Weil uses in his own life, and has prescribed to hundreds of patients over the past two decades. Dr. Weil reports that these breathing exercises get more favorable response from patients than anything else he teaches. To learn the art of healthy breathing, Dr. Weil turned to Eastern traditions, including yoga, which view the breath as a vital link to the prana, or energy of the universe. In easy-to-follow language, he explains the secret of breathwork's power over your health, and its remarkable ability to influence the immune system and even reprogram the nervous system. From increasing energy to lowering blood pressure, to improving circulation to beating anxiety disorders without drugs, *Breathing* is a practical introduction to the benefits of breathwork, presented by the bestselling author and physician who has taken the miracle out of self-healing, and made it available to all.

Course objectives: List the health benefits of breathwork. Explain how overstimulation of the sympathetic nervous system contributes to health issues. Describe the relationship between breath and spirituality. Apply breathwork techniques to increase alertness and relaxation. Practice guided exercises for restored wellness over time.

Book Information

Series: Self Healing

Audio CD

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Average Customer Review: 4.3 out of 5 stars 103 customer reviews

Best Sellers Rank: #47,820 in Books (See Top 100 in Books) #9 in *Books > Books on CD > Health, Mind & Body > General* #17 in *Books > Books on CD > Nonfiction* #23 in *Books & Vinyl > New Age > Meditation*

Customer Reviews

Best of the Best. Listeners get a complete course of eight breathing exercises that Dr. Weil has used in his own life and prescribed to hundreds of patients to aid in physical healing. To learn the art of healthy breathing, Weil turned to Eastern traditions, including yoga, which view breath as a vital link to the energy of the universe. --This text refers to the Audible Audio Edition edition.

Andrew Weil Andrew Weil, MD, is a world-renowned leader and pioneer in the field of integrative medicine, a healing-oriented approach to health care which encompasses body, mind, and spirit. He is founder and director of the Arizona Center for Integrative Medicine (AzCIM) at the University of Arizona Health Sciences Center in Tucson, and director of Integrative Health & Healing at Miraval Life in Balance Resort in Tucson. Dr. Weil's bestselling books include Spontaneous Happiness, Eight Weeks to Optimum Health, and Spontaneous Healing, and his popular audio programs with Sounds True include The Healthy Heart Kit and Breathing: The Master Key to Self-Healing.

I was looking for a book on breathing exercises and I found this CD. I listened to it several times before I started doing the exercises. Dr. Weil does good job of explaining each exercise as well as some background information on breath. However, the exercises lack structure. He concentrated in one single one where he says not to exceed so many times. Doing all the exercises takes some time and he suggests to do them twice a day. If you have time to do that on top of meditation is a bit long. I really liked the information and the exercises but I still feel it is missing some structure that's why the 4 stars. I do recommend it for someone who wants to know about "taking a breath"

I am truly enjoying this cd.... in disc One Dr. Weil extols the merits of breath work driving the point home with real life case studies. Dr. Weil's low key approach not only motivates but also inspires you. On the second cd he guides you through a total of eight breathing exercises,time wise they range from 3 minutes to 11.45 minutes. Towards the end of the first cd Dr. Weil packs powerful motivation - he advises the listener to take up the techniques saying it's EASY, TAKES NO TIME, NO EQUIPMENT...YOU WILL ENJOY IT AND IT'S NOT DIFFICULT AND GUARANTEES RESULTS. The key words, easy-no time-guaranteed results were enough of a kick for me to do the exercises. This is the second week I do the exercises and so far I find them soothing, energizing and strangely peaceful. I highly recommend this cd to anyone exploring self healing.

Some of the reviews I read before purchasing this set were accurate. It is a good starting point to learning about the power of breathing and getting your self in tune with the benefits of breathing exercise. The first cd is a good overview from Dr. Weil, and the second cd gives you some good exercises to start with right away. I have been using two of them regularly. If you are looking for an introduction this is a good start. If you want deeper knowledge, this is not the place.

When this first came out, I found this recording helpful to deal with stress-related health problems. Now some twenty years later, I still find it worthwhile and recommend it to friends and clients. Attention to breathing is not only healing; it helps calm the body/mind in preparation for prayer.

I was attracted to this series by a youtube video of Andrew speaking about breathing. Worth it for anyone on a journey of body awareness and mindfulness. I recommend it heartily for anyone with breathing difficulties. Easy to follow and beneficial exercises.

good

I've recommended this to several people. I have used the square breathing while at the dentist having deep work done, and it almost put me out!

When all else fails, remembering this breathing is a gift of presence.

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