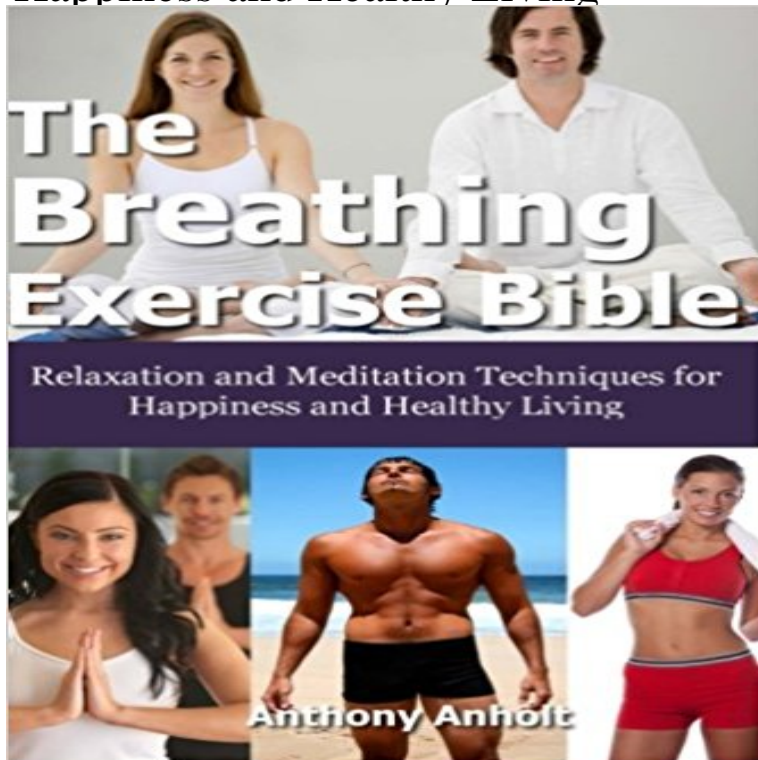


# The Breathing Exercise Bible: Relaxation and Meditation Techniques for Happiness and Healthy Living



Discover The Power Of True Diaphragmatic Deep Breathing And How It Can Help You Deep Breathing, in and of itself, has the power to make the sick man well and the weak man strong - Martin Farmer Burns, 19th century champion wrestler and natural health advocate. Whether you suffer from conditions such as stress and insomnia, or even if you are basically healthy but you just want more out of life, deep breathing exercises can help you. Imagine that you are sitting at a table where you are about to enjoy a scrumptious meal. After you eat a few bites, however, a person comes by and takes the meal away. How would you feel? Likely you would feel hungry, stressed, and angry at the person who took away your food at the very least. Now what would you say if I told you that in a twilight zone like twist the person who took away your food was YOU. What's worse you robbed yourself of something even more precious than food, namely the air you breathe. You can survive weeks without food and days without water, but without air? Most of us wouldn't last a minute. Of course all of us breathe, but the fact of the matter is that very few of us actually breathe properly. We are shallow breathers. Breath is life. When you don't breathe properly you are not giving your body the energy it needs. It's like trying to run a car on water-downed gasoline. The car may work, but it won't run optimally. Some of the issues that can be affected by poor breathing include: Heightened stress, Mood swings, Fatigue, Anxiety, Depression, Asthma, Allergies, Poor athletic performance, Pre-mature aging. Just a general Blah feeling that never seems to go away. On the other hand learning to breathe properly by following a few simple deep breathing exercises can: Radically improve your athletic performance, Promote a sense of internal calm and well-being, Help you

feel energized throughout the day  
Improve your mood and mental outlook  
Assist with a host of health issues you may be experiencing  
Will de-age you. You'll look younger and people will notice!  
Help you feel in control of your life  
Which sounds better to you?  
The ancients knew that proper diaphragmatic breathing was the key to happiness, healthy living and a strong body. Such disciplines as the Martial Arts and Yoga all stress the importance of this, as well as all early physical fitness pioneers. If you are seeking help with any of these conditions, or if you simply want to take your health and fitness to the next level, then the Breathing Exercise Bible is for you. Within its pages you will find a variety of breathing exercises geared for everyone from the relative newbie to the advanced athlete. If you want to experience the feeling of radiant health and contentment, get The Breathing Exercise Bible today!

We've started our countdown to National Handbag Day on October 10, and that means we'll have special features for you every day, right up to the big event! Today, we're here to talk about the intersection of celebrity and accessories, and more specifically, how the two can become intertwined in public consciousness for years. The kinds of stars who carry a particular bag do a lot to shape the market's perception of it and the designer who created it, which is why so many brands give out free bags to stars now: they're hoping to create positive associations. In the cases you see below, though, things came along a little bit more naturally. You can't rush love, after all. Think of a bag-celeb duo we missed? Let us know in the comments!

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