



# The Breathing Book: Good Health and Vitality Through Essential Breath Work

*Donna Farhi*

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**The Breathing Book: Good Health and Vitality Through Essential Breath Work** Donna Farhi

A groundbreaking approach to improving the quality of your life through the most readily accessible resource: your breath. These safe and easy-to-learn techniques can also be used to treat asthma and ease stress, depression, eating disorders, insomnia, arthritis, chronic pain, and other debilitating conditions.

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