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Stress management/health

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THE FOUNTAIN OF YOUTH IS JUST A BREATH AWAY

Breathing Exercises for Relaxation, Healthy and Vitality

by Molly Larkin

Publisher: **Four Winds Press**

Average Amazon Customer Review: **4.9 out of 5 stars 24 customer reviews**

Molly Larkin has turned her life-long passion for health and balanced living into this best-selling manual for combating stress and improving health.

The latest research indicates that up to 90% of visits to the doctor are due to stress. Learning to relax through correct breathing is an excellent way to bring your stress under control.

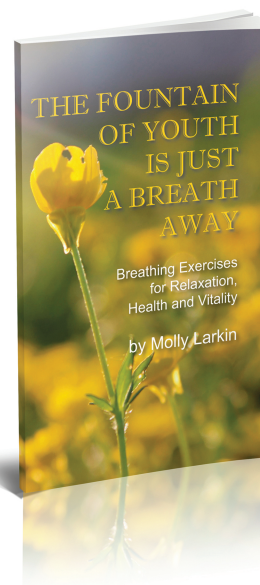
Learn why health advocates say breath work is one of the keys to health and relaxation. This book will teach you what you need to know.

It includes:

- Research on why good respiratory capacity is the key to healthy longevity.
- Steps to calm the mind as a pre-cursor to meditation.
- Ways to reduce stress and balance emotions.
- How to enhance your spiritual practice.
- Instructions for ten breathing exercises for improved health.

Best-selling author Andrew Weil, M.D. says, "If I had to limit my advice on healthier living to just one tip, it would be to learn how to breathe correctly."

This comprehensive book includes everything a beginner needs to know about starting a healthy breathing practice.



REVIEWS [CURRENTLY 24 FIVE-STAR REVIEWS ON AMAZON.COM]:

"In this involving book Molly addresses breathing and how we can increase our energy and heal our body more quickly by learning to breathe correctly and incorporating breathing exercises into our daily routine . . . There is so much to gain by reading Molly's book – and to think it all starts with simply learning the art of breathing. Highly Recommended."

Grady Harp, San Francisco Review of Books

"This is a short, concise little book that can bring lovely changes to one's everyday life. I have read 2 other books on breathing and they both lost me with too much dialogue."

Amazon reader

"Makes a complicated subject simple, clear and inspiring."

Amazon reader

About the author:

Molly Larkin is the co-author, with Muskogee Creek elder Marcellus "Bear Heart" Williams, of the international best-seller "The Wind Is My Mother; the Life and Teachings of a Native American Shaman." She blogs on Ancient Wisdom for Balanced Living at **www.MollyLarkin.com**