



Breathing Lessons

By Michael Sky

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Breathing Lessons By Michael Sky

Long used by meditators as a way to inner peace, health, and vitality, intentional breathing can also help to deal with difficult emotions. In *Breathing Lessons*, Michael Sky details simple but potent breathing techniques that are intended to be experienced as they are read. He discusses breath, the central organizing life force, as it relates to emotional responses, lifetime habits, love, personal relationships, social viruses, raising happy children, and living creatively. "Ultimately, this is simple human alchemy. We are learning to breathe spirit into flesh."

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