

james nestor breathing exercises

James Nestor Breathing Exercises: Unlocking the Power of Breath for Health and Vitality

james nestor breathing exercises have surged in popularity as more people discover the profound impact that intentional breathing can have on both physical and mental well-being. Drawing inspiration from his groundbreaking book **Breath: The New Science of a Lost Art**, James Nestor explores ancient and modern breathing techniques that challenge conventional wisdom about how we breathe—and how we might be doing it all wrong. If you've ever wondered how simply changing your breath could improve your health, reduce anxiety, and enhance athletic performance, then diving into James Nestor's breathing exercises could be a transformative experience.

Who Is James Nestor and Why Breathing Matters

James Nestor is an investigative journalist who spent years researching the science and history of breathing. His work highlights how modern lifestyles have led many to adopt shallow, inefficient breathing patterns that contribute to a host of health problems—from asthma and sleep apnea to chronic stress and poor cardiovascular health. By revisiting ancient breathing techniques and combining them with cutting-edge respiratory science, Nestor reveals how the way we breathe can be a powerful tool for healing and optimization.

Breathing is often overlooked as a simple automatic function, but Nestor's research shows it's far more complex and influential than most realize. The quality of your breath affects oxygen delivery, CO2 balance, nervous system regulation, and even the shape and health of your airway. This makes breathing not just a survival mechanism but a cornerstone of holistic health.

Understanding the Core Concepts Behind James Nestor Breathing Exercises

At the heart of Nestor's approach is the idea that many of us breathe too quickly and through our mouths, which disrupts the delicate balance of oxygen and carbon dioxide in our bodies. One of his key messages is that nasal breathing is crucial—it filters, humidifies, and conditions the air, while also promoting nitric oxide production which enhances blood flow and oxygen uptake.

The Importance of Nasal Breathing

Nasal breathing is emphasized heavily in James Nestor breathing exercises. Breathing through the nose rather than the mouth:

- Improves lung volume and oxygen absorption

- Regulates blood pressure via nitric oxide release
- Prevents hyperventilation and promotes CO2 tolerance
- Enhances immune defense by filtering airborne particles

Switching from mouth to nose breathing may seem simple, but it can dramatically influence your overall respiratory health and reduce problems like snoring and sleep apnea.

Slow, Controlled Breathing

Another pillar of Nestor's teachings is slowing your breath down to about five to six breaths per minute. This slower rhythm is linked to improved heart rate variability and reduced stress levels. It also encourages deeper, diaphragmatic breathing which strengthens the respiratory muscles and improves oxygen exchange.

Popular James Nestor Breathing Techniques You Can Try

Exploring specific James Nestor breathing exercises can help you tap into these benefits. Here are a few of the most effective methods inspired by his research and the traditions he highlights:

1. The 5.5 Breaths Per Minute Technique

This exercise involves consciously slowing your breath down to roughly 5.5 breaths per minute, which is about 5.5 seconds for inhalation and 5.5 seconds for exhalation. Practicing this rhythm for 10 to 20 minutes daily can:

- Lower blood pressure
- Reduce anxiety and promote relaxation
- Improve autonomic nervous system balance

Many practitioners use a metronome app or guided breathing videos to maintain this steady pace.

2. Nose Breathing Focus

If you're used to mouth breathing, a simple but powerful exercise is to consciously keep your mouth closed and breathe only through your nose throughout the day. This habit retraining supports the natural functions of nasal breathing and can be reinforced by:

- Using nasal strips at night to open nasal passages
- Practicing gentle breath retention to increase CO2 tolerance
- Engaging in light breathwork sessions that emphasize nasal inhalation and exhalation

3. Breath Holds (CO2 Tolerance Training)

James Nestor highlights the benefits of controlled breath holds to increase tolerance to carbon dioxide, a gas essential for regulating blood flow and oxygen release. One simple exercise involves:

1. Inhaling deeply through the nose
2. Exhaling fully and holding your breath for as long as comfortable
3. Resuming slow nasal breathing

This practice can improve respiratory efficiency and stimulate relaxation by training your body to tolerate higher CO2 levels.

The Scientific Backing of Breathing Exercises

The exercises promoted by James Nestor are not just anecdotal; they are supported by a growing body of scientific research. Studies have shown that slow, mindful breathing can activate the parasympathetic nervous system, which calms the body and reduces cortisol levels. Nasal breathing has also been associated with increased levels of nitric oxide, a molecule that helps dilate blood vessels and improve oxygen delivery.

Furthermore, breath control techniques have been found useful in managing conditions like asthma, hypertension, and anxiety disorders. The emphasis on CO2 tolerance challenges the traditional notion that more oxygen is always better, highlighting instead that optimal breathing balances oxygen and carbon dioxide.

Incorporating James Nestor Breathing Exercises into

Daily Life

One of the best aspects of these breathing practices is how accessible they are. You don't need special equipment or a gym membership—just a few minutes and mindful attention.

Morning Rituals

Starting your day with a short breathing session can set a calm and focused tone. Try the 5.5 breaths per minute technique for 10 minutes upon waking. This can help reduce morning anxiety and prepare your mind for the day.

During Stressful Moments

Whenever you feel overwhelmed, pause and take slow, nasal breaths. Focus on lengthening your exhale, which activates your parasympathetic nervous system and promotes relaxation.

Before Sleep

Practicing controlled breathing before bedtime can improve sleep quality. Nose breathing combined with breath holds or slow rhythmic breathing calms the nervous system and supports deeper sleep cycles.

Tips for Getting the Most Out of James Nestor Breathing Exercises

To truly benefit from these breathing exercises, consistency and mindful practice are key. Here are some helpful tips:

- **Start Slow:** If you're new, begin with just a few minutes and gradually increase the duration.
- **Create a Comfortable Environment:** Find a quiet, comfortable place to practice without distractions.
- **Focus on Form:** Pay attention to nasal breathing and diaphragmatic expansion rather than shallow chest breathing.
- **Use Tools if Needed:** Apps, timers, or guided breathwork videos can help maintain rhythm and motivation.
- **Be Patient:** Changes in breathing patterns may take time but often lead to noticeable

improvements in energy and mood.

Beyond Breathing: The Broader Impact of Breathwork

James Nestor breathing exercises open the door to a broader understanding of how breathwork can influence various aspects of life. Beyond immediate physical health, improved breathing has been linked to enhanced cognitive function, emotional resilience, and even athletic endurance.

For athletes, mastering breath control can delay fatigue and improve oxygen efficiency during intense workouts. For those struggling with anxiety or PTSD, slow breathing techniques provide a natural, drug-free way to manage symptoms. Breathwork is also embraced by meditation practitioners as a tool to deepen mindfulness and presence.

By exploring the science and art of breathing, James Nestor invites us to reclaim a vital, yet often neglected, aspect of our health. His approach reminds us that something as simple as the way we breathe holds tremendous power to shape our well-being.

If you've been curious about how to improve your breathing or are searching for practical ways to reduce stress and boost vitality, experimenting with James Nestor breathing exercises offers a compelling path. It's a reminder that sometimes, the most profound health interventions come from returning to the basics—like the breath that sustains us every moment of our lives.

Frequently Asked Questions

Who is James Nestor and why is he famous for breathing exercises?

James Nestor is an author and journalist known for his book 'Breath: The New Science of a Lost Art,' where he explores the science and benefits of proper breathing techniques and how they impact overall health.

What are some key breathing exercises recommended by James Nestor?

James Nestor emphasizes exercises like slow nasal breathing, the 4-7-8 technique, and the importance of maintaining nasal breathing over mouth breathing to improve oxygenation and respiratory health.

How can James Nestor's breathing exercises improve athletic

performance?

Nestor's breathing exercises help increase lung capacity, improve oxygen efficiency, and reduce stress, which can enhance endurance, recovery, and overall athletic performance.

What is the significance of nasal breathing according to James Nestor?

James Nestor highlights nasal breathing as essential because it filters, warms, and humidifies air, increases nitric oxide production, and helps regulate carbon dioxide levels for better oxygen delivery and respiratory function.

Can James Nestor's breathing techniques help with anxiety and stress relief?

Yes, Nestor's techniques, such as slow, controlled nasal breathing, activate the parasympathetic nervous system, which helps reduce anxiety, lower heart rate, and promote relaxation.

Additional Resources

James Nestor Breathing Exercises: Exploring the Science and Practice Behind Optimal Breathwork

James Nestor breathing exercises have garnered significant attention in recent years, especially following the publication of his bestselling book **Breathe: The New Science of a Lost Art**. Nestor, a journalist and author, delves into the history, science, and practical applications of breathing techniques that promise to improve health, mental clarity, and physical performance. This article critically examines the principles behind these exercises, their physiological impacts, and how they fit within the broader context of respiratory health and wellness trends.

Understanding James Nestor's Approach to Breathwork

At the core of James Nestor's research is the idea that modern humans have lost the ability to breathe properly. His investigations suggest that shallow, mouth-based breathing prevalent in contemporary lifestyles contributes to a range of health issues, from chronic stress to respiratory disorders. Nestor advocates for a return to nasal breathing, emphasizing slow, deep breaths as a means to optimize oxygen uptake and carbon dioxide release.

Nestor's exploration is rooted in both ancient practices and modern scientific studies. He references techniques from yogic pranayama, Buteyko breathing, and other traditional modalities, while also integrating findings from pulmonary research and studies on nasal physiology. This blend of anecdotal evidence and empirical data forms the basis for his recommended breathing exercises.

The Science Behind Nasal vs. Mouth Breathing

One of the key distinctions made in Nestor's work is between nasal and mouth breathing. Nasal breathing, he argues, is superior for several reasons:

- **Filtration and Humidification:** The nasal passages filter out dust, allergens, and pathogens while humidifying the air, which protects the lungs.
- **Nitric Oxide Production:** Nasal breathing produces nitric oxide, a molecule that helps dilate blood vessels and improve oxygen transport.
- **Regulation of Breath:** Nasal breathing naturally encourages slower, deeper breaths, which help maintain balanced carbon dioxide levels in the blood.

Conversely, chronic mouth breathing has been linked to issues such as sleep apnea, asthma, and dental problems. Nestor's exercises often focus on retraining individuals to prioritize nasal breathing, which can have profound effects on overall health.

Key James Nestor Breathing Exercises and Techniques

While Nestor does not promote a single, rigid breathing routine, his book and talks highlight several practices that emphasize controlled breathing patterns. These exercises are designed to enhance respiratory efficiency, reduce stress, and improve endurance.

1. Slow Nasal Breathing

Slow nasal breathing is fundamental in Nestor's methodology. It involves inhaling and exhaling gently through the nose at a rate of approximately five to six breaths per minute. This is significantly slower than the average resting respiratory rate of 12 to 20 breaths per minute.

The benefits of slow breathing include:

- Lowered heart rate and blood pressure
- Increased parasympathetic nervous system activation (rest-and-digest response)
- Improved oxygen-carbon dioxide balance in the bloodstream

Practicing slow nasal breathing for 10 to 20 minutes daily can foster better lung function and reduce symptoms of anxiety.

2. Breath Holds and CO2 Tolerance Training

Nestor emphasizes the importance of carbon dioxide tolerance for healthy respiration. Many individuals hyperventilate or breathe too rapidly, which lowers CO2 levels and disrupts oxygen delivery to tissues.

To counteract this, Nestor advocates for exercises involving controlled breath holds after exhalation. This technique trains the body to tolerate higher CO2 concentrations, which can improve the efficiency of oxygen use.

A typical breath hold exercise might include:

1. Take a slow, deep nasal inhale.
2. Exhale fully through the nose.
3. Hold the breath comfortably until a mild urge to breathe arises.
4. Resume slow nasal breathing.

This practice is similar to elements found in the Buteyko method and has been associated with enhanced respiratory resilience.

3. Diaphragmatic Breathing

Diaphragmatic or belly breathing encourages the use of the diaphragm muscle rather than shallow chest muscles. This technique optimizes lung capacity and promotes relaxation.

Instructions for diaphragmatic breathing include placing one hand on the chest and the other on the abdomen, inhaling deeply through the nose to expand the belly while keeping the chest relatively still, then exhaling slowly.

Nestor incorporates this practice to improve overall breathing mechanics and reduce reliance on accessory respiratory muscles that tend to promote inefficient breathing.

Health Implications and Practical Considerations

James Nestor breathing exercises intersect with broader health concerns, especially those related to respiratory and cardiovascular function. Scientific studies support many of the physiological claims made by Nestor, particularly regarding the benefits of nasal breathing and slow, controlled respiration.

However, it is important to recognize that individual responses to breathwork can vary. Some people

with underlying health conditions, such as chronic obstructive pulmonary disease (COPD) or severe asthma, should approach breath-holding exercises cautiously and ideally under medical supervision.

Comparisons with Other Breathwork Modalities

Nestor's methods share similarities with established breathwork disciplines but also present unique angles:

- **Buteyko Method:** Focuses on reducing hyperventilation and increasing CO2 tolerance, aligning closely with Nestor's breath hold emphasis.
- **Wim Hof Method:** Involves rapid, forceful breathing combined with breath holds, contrasting with Nestor's preference for slower, gentler breaths.
- **Pranayama:** Ancient yogic breathing techniques that emphasize controlled breath cycles, some of which parallel Nestor's slow nasal breathing recommendations.

These comparisons underscore how Nestor's approach integrates both modern science and traditional wisdom, providing a comprehensive framework for improved respiratory health.

Potential Drawbacks and Limitations

While James Nestor breathing exercises offer promising benefits, there are some limitations:

- **Learning Curve:** Transitioning from habitual mouth breathing to nasal breathing can be challenging and may require consistent practice and patience.
- **Not a Cure-All:** Breathwork should complement, not replace, conventional medical treatments for respiratory or cardiovascular conditions.
- **Individual Variability:** The effectiveness of breath exercises can differ based on age, fitness level, and health status.

Users should approach these techniques with mindfulness and consider consulting healthcare professionals when integrating breathwork into health regimens.

Integrating James Nestor Breathing Exercises into

Daily Life

For those interested in implementing these breathing strategies, a gradual and consistent approach is advisable. Starting with short sessions of slow nasal breathing and diaphragmatic exercises can build a foundation before progressing to breath hold training.

Incorporating breath awareness throughout daily activities—such as walking, working, or before sleep—can reinforce healthier breathing habits. Many practitioners report improved sleep quality, reduced anxiety, and better physical endurance after regular practice.

Technology such as respiratory training apps and biofeedback devices may also assist in monitoring and optimizing breathing patterns, aligning well with Nestor's scientifically informed methods.

James Nestor breathing exercises represent a thoughtful re-examination of a fundamental yet often overlooked human function. By emphasizing nasal breathing, controlled breath rates, and CO2 tolerance, these techniques offer a practical pathway toward enhanced respiratory health. As breathwork continues to gain traction in wellness and medical communities, Nestor's work provides a valuable bridge between ancient traditions and contemporary science, inviting individuals to rediscover the power of the breath.

[James Nestor Breathing Exercises](#)

james nestor breathing exercises: *SUMMARY: Breath: The New Science of a Lost Art: By James Nestor | The MW Summary Guide* The Mindset Warrior, 2020-07-09 An Easy to Digest Summary Guide... ☐☐BONUS MATERIAL AVAILABLE INSIDE☐☐ The Mindset Warrior Summary Guides provide you with a unique summarized version of the core information contained in the full book, and the essentials you need in order to fully comprehend and apply. Maybe you've read the original book but would like a reminder of the information? ☐ Maybe you haven't read the book, but want a short summary to save time? ☐ Maybe you'd just like a summarized version to refer to in the future? ☐ In any case, The Mindset Warrior Summary Guides can provide you with just that. Inside You'll Learn: ☐ The secret to exhaling, and why it's crucial for athletic performance. ☐ How breathing too much can cause mental health issues. ☐ Breathing methods to increase blood circulation and lower anxiety. ☐ Why crooked teeth and misaligned jaws stem from breathing wrong. ☐ The counter-intuitive way that breathing less increases access to oxygen in the body. ☐ And a lot more... Let's get Started. Download Your Book Today... NOTE: To Purchase Breath(full book), which this is not, simply type in the name of the book in the search bar of your bookstore.

james nestor breathing exercises: Breathing Exercises For Dummies Shamash Alidina, 2025-09-22 Take control of your breath, take control of your life. Breathing Exercises For Dummies teaches you more than 50 ways to reduce stress, practice mindfulness, improve your sleep and beyond. Breathing exercises help you feel and perform at your best. These strategies have been in use since ancient times, and modern research shows how effective they can be. This book teaches you meditative breathing exercises to reduce anxiety and improve focus in the moment, as well as tips for retraining your normal breath to be more supportive of your everyday well-being. Need to relax? Need to reenergize? Need a boost to your creativity and decision making? There's a breathing exercise for that. Learn about the benefits of breathing exercises and the scientific evidence behind

them Discover 50+ exercises, including pursed lip breathing, diaphragmatic breathing, 4-7-8 breathing, and beyond Manage pain, address insomnia, get relief from anxiety, and improve your creativity, all with the power of your breath Use breathing exercises at home, at school, at work, on the field, or on the stage Anyone who breathes can benefit from breathing exercises! Whether you're managing physical or mental health challenges or just want to be more successful, Breathing Exercises For Dummies gives you the tools to make easy breathwork a part of your everyday routine.

james nestor breathing exercises: *The Breathing Cure for Yoga* Patrick McKeown, Anastasis Tzanis, 2024-12-31 READY TO JOIN THE BETTER BREATHING REVOLUTION? READY TO LEARN FROM INTERNATIONAL BREATHING EXPERT PATRICK McKEOWN? READY TO LEARN FROM LEADING YOGA EDUCATOR ANASTASIS TZANIS? TAP INTO YOUR FULL YOGA POTENTIAL WITH THE SCIENCE BEHIND ANCIENT WISDOM BY READING THE BREATHING CURE FOR YOGA With a Foreword by award-winning science journalist James Nestor, New York Times bestselling author of *Breath: The New Science of a Lost Art* What if you are only tapping into 75% of the full potential of yoga? If there was a simple and free way to harness the other 25% and make major improvements in both your asana practice and overall health, would you want to know what it is? This revolutionary yoga and breathing manual unites modern science, with clinically-proven breathing techniques, and the (mostly) forgotten wisdom of ancient Yogis to enhance your yoga practice. Written by international breath expert Patrick McKeown and leading yoga educator Anastasis Tzanis, this is an essential book for every practitioner and instructor. In *THE BREATHING CURE FOR YOGA: APPLY SCIENCE BEHIND ANCIENT WISDOM FOR HEALTH AND WELL-BEING* you will learn how to: Enhance your physical practice and lower the risk of injury. Learn breathing techniques to self-regulate, gain control over your nervous system, and diminish stress, anxiety, and panic attacks. Increase mindfulness and cultivate a deeper mind-body connection. Learn the connection between physiology and the mind, and how to optimise gas exchange and open the lungs. Reduce breathlessness during yoga, and boost stamina, endurance, and recovery time. Learn the three pillars of sleep, breath, and the mind, and their interconnection. Optimise energy flow and strengthen your connection to self. Dramatically reduce snoring, sleep apnea, and insomnia; decongest the nose; and improve menopause symptoms. Enhance your overall health and wellbeing. READY TO JOINING THE REVOLUTION NOW? Get *Breathing For Yoga* today, and be among the first to benefit from this revolutionary breathing and yoga manual. "In your hands is the operating manual for new and old yogis alike. For the past 20 years, McKeown has researched why so many of us breathe so poorly and how we can do it better and improve our lives. He's spent several more years piecing together this carefully constructed compendium of yoga knowledge and distilling it into step-by-step directions, illustrations, scientific context, biomechanics, biochemistry, and more! My advice: Take a seat, shut your mouth, breathe it in."—James Nestor

james nestor breathing exercises: *Breath* James Nestor, 2020-05-26 A New York Times Bestseller A Washington Post Notable Nonfiction Book of 2020 Named a Best Book of 2020 by NPR "A fascinating scientific, cultural, spiritual and evolutionary history of the way humans breathe—and how we've all been doing it wrong for a long, long time." —Elizabeth Gilbert, author of *Big Magic* and *Eat Pray Love* No matter what you eat, how much you exercise, how skinny or young or wise you are, none of it matters if you're not breathing properly. There is nothing more essential to our health and well-being than breathing: take air in, let it out, repeat twenty-five thousand times a day. Yet, as a species, humans have lost the ability to breathe correctly, with grave consequences. Journalist James Nestor travels the world to figure out what went wrong and how to fix it. The answers aren't found in pulmonology labs, as we might expect, but in the muddy digs of ancient burial sites, secret Soviet facilities, New Jersey choir schools, and the smoggy streets of São Paulo. Nestor tracks down men and women exploring the hidden science behind ancient breathing practices like Pranayama, Sudarshan Kriya, and Tummo and teams up with pulmonary tinkerers to scientifically test long-held beliefs about how we breathe. Modern research is showing us that making even slight adjustments to the way we inhale and exhale can jump-start athletic performance; rejuvenate internal organs; halt snoring, asthma, and autoimmune disease; and even straighten scoliotic spines. None of this

should be possible, and yet it is. Drawing on thousands of years of medical texts and recent cutting-edge studies in pulmonology, psychology, biochemistry, and human physiology, *Breath* turns the conventional wisdom of what we thought we knew about our most basic biological function on its head. You will never breathe the same again.

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james nestor breathing exercises: *Advanced Breathwork Techniques for Emotional Healing* Emile Verkerk, 2024-11-02 Unlock the profound healing power of your breath. *Advanced Breathwork Techniques for Emotional Healing* is a journey designed for those ready to explore beyond the basics, tapping into breathwork's potential to process and release deep-seated emotions. Authored by Emile Verkerk, certified Breathmaster and founder of Breath Master Solutions LLC, this guide takes you through transformative breathwork techniques crafted to help you confront and heal emotional trauma. Each chapter delves into a different advanced method, from circular breathing for trauma release to breathwork paired with visualization. You'll discover how specific breathing practices can calm the nervous system, unlock trapped emotions, and bring balance back into your life. Whether you're carrying unresolved grief, tension, or just seeking deeper self-awareness, this e-book offers practical guidance and compassionate insights. Through clear instructions and empathetic support, Emile Verkerk provides you with tools to approach emotional healing gently,

helping you reclaim peace and emotional freedom. Breath by breath, you can let go of the past and step into a future filled with greater resilience and calm. Start your healing journey today.

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james nestor breathing exercises: *The Great Nerve* Kevin J. Tracey, MD, 2025-05-13
New science reveals the groundbreaking potential of the vagus nerve to regulate your body's vital systems and heal a wide variety of medical conditions without drugs. The vagus nerve is fundamental to our health and vitality, coordinating critical functions from the precise heartbeat we need to exercise or rest to the balance of appetite and digestion. Made up of 200,000 fibers, the vagus nerve sends thousands of electrical signals every second between your brain and your most important organs. Yet despite its essential role in life, important vagus nerve functions have eluded centuries of scientific investigation. Now neurosurgeon and researcher Kevin Tracey has discovered the previously unknown power of the vagus nerve to reverse inflammation, balance the immune system, treat chronic illness, and keep our organs humming together in harmony. In *The Great Nerve*, Dr. Tracey shows us how stimulating the vagus nerve with a tiny electrical implant has the potential to reverse life-altering diseases like rheumatoid arthritis, inflammatory bowel disease, lupus, MS, diabetes, obesity, stroke, depression, Alzheimer's and Parkinson's. If this sounds too good to believe, Dr. Tracey shares stories of patients who have gone from being nearly bedridden to running and dancing, along with the science that makes possible these recoveries. He also explains the evidence for lifestyle strategies like ice baths, meditation, exercise, and breathwork that can maintain and improve vagus nerve function. By opening the door to the new field of neuroimmunology, *The Great Nerve* not only revolutionizes how we understand and treat disease, it gives us unprecedented hope for our health. This is the story of your body's ability to heal itself.

james nestor breathing exercises: **How to Practice Breathwork** Emile Verkerk, 2024-10-22
Discover the transformative power of your breath with *How to Practice Breathwork*, a comprehensive guide designed specifically for beginners. Breathwork is more than just breathing; it's a powerful tool for managing stress, increasing mindfulness, and enhancing overall well-being. In this eBook, you'll explore the foundational techniques of breathwork that can be easily incorporated into your daily routine. Learn the science behind how conscious breathing affects your body and mind, and why breathwork is an effective method for reducing anxiety, boosting energy, and improving mental clarity. The book covers key breathing techniques, such as diaphragmatic breathing, box breathing, and alternate nostril breathing, all explained with step-by-step instructions and tips for practice. Whether you're looking to relieve stress, gain better emotional balance, or simply develop a mindfulness practice, this guide will provide you with the tools to harness the healing power of breath. With a clear and engaging approach, *How to Practice Breathwork* is perfect for anyone looking to take their first steps into the world of breathwork and start a journey toward a healthier, calmer, and more centered life.

james nestor breathing exercises: **All Is Well: The Art (and Science) of Personal Well-Being: The Covid Edition** Marilynn Preston, 2022-02-28
2020 and 2021 were humbling and horrifying years, and there's still so much COVID-related grief and heartache, uncertainty and fear. Of course there's light at the end of the tunnel. It's helping you find the light inside the tunnel that motivated prize-winning journalist Marilynn Preston to write this second edition of her Amazon best-selling book, *All Is Well: The Art {and Science} of Personal Well-Being*. It's named the COVID

edition because as we emerge from years of loss, lockdowns, and loneliness, what could be more important? If you want to hear more of what Marilyn has to say about the book, check out her YouTube channel: @marilynnpreston-alliswell5845

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