



Breathing: The Master Key to Self Healing (Self Healing Ser.)

Andrew Weil

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A complete course of eight breathing exercises that Dr. Andrew Weil uses in his own life, and has prescribed to hundreds of patients over the past two decades. In plain language, Dr. Weil explains the secret of breathwork's power over our health, and its remarkable ability to influence – and even reprogram – the nervous system. A practical introduction to this crucial aspect of self healing, presented by this bestselling author and influential physician.

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