

Anxiety And Stress Breathing Exercises, Techniques For Quality Of Life

Brandon Schoen February 19, 2014



Stress Anxiety Breathing Exercises

Keep Calm and Breathe, a best-selling book, details deep breathing exercises and techniques to help readers reduce anxiety and stress, improving their overall quality of life. The print and digital version of the book is now available on Amazon.

(Newswire.net -- February 19, 2014) Phoenix, AZ -- Oftentimes breathing techniques are overlooked because many don't believe that something so simple could be so life changing. Actually, breathing exercises have been proven to be very helpful for combating anxiety and stress. Author and yoga instructor Julie Schoen details ten extraordinary breathing exercises in her bestselling book, *Keep Calm And Breathe*, techniques that can be done

anywhere and at anytime to ease the mind, settle the nervous system, and reverse the negative, and even dangerous, effects of stress. *Keep Calm and Breathe* (Little Pearl Publishing) is now available to Amazon customers.

Schoen's book explains that people breathe over 21,000 times every day. Depending on the quality of each breath, she says, life is either vibrant and healthy or dull and filled with illness, aches, and pains.

According to Schoen most people in developed countries are in a constant state of stress without even knowing it. "When we are stressed," she says, "the breath tends to do one of two things, it either gets very shallow or it becomes labored, neither of which are optimal for the body's ability to function."

Keep Calm and Breathe, the first book in Schoen's three-book *Keep Calm* series, is a basic approach to learning how to breathe effectively, especially when feeling stressed. Each of the ten exercises in the book comes with step-by-step instructions, images when appropriate, and an explanation for why a particular **deep breathing exercise** should be used and when.

The content in the book is informative yet concise, filled with Schoen's unique personality, which is genuine, caring, and light-hearted. **Keep Calm And Breathe** is perfect for a beginner wanting to learn **effective breathing techniques**, but is also a fabulous go-to resource for teachers wanting inspiration (or a quick reminder) for classes and private instruction.

Customers will be able to get the book on Amazon.

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Amazon Book Link:

<http://www.amazon.com/Keep-Calm-Breathe-Techniques-ebook/dp/B009MAJRU8/>

Book Blog:

<http://littlepearlpublishing.com/keepcalmbreathe/>

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