

Our Brain

and the Good Breathing Book



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Our Brain and the Good Breathing Book full of colorful, fanciful and instructive images that support the text about how to breathe well. It provides a good review and background as to why young patients are asked to do various exercises, to develop self-awareness and consequently changes in behaviors, with the resultant benefits to their physical, mental and spiritual health. Our Brain and the Better Breathing Book is a must have for breathing educators working with the pediatric population who want to provide a comprehensive, user friendly therapy program to help children they serve.