

1. Record Nr.	UNINA9910148872603321
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Titolo	Art of Breathing, The : The Secret to Living Mindfully. Just Don't Breathe a Word of It.
Pubbl/distr/stampa	HarperCollins UK
ISBN	0-00-820778-X
Disciplina	613.192
Lingua di pubblicazione	Inglese
Formato	Musica
Livello bibliografico	Monografia
Sommario/riassunto	'A marvellously beautiful and sensitive book.' Jon Kabat-Zinn'Inspiring.' Professor Mark Williams, author of Mindfulness: A practical guide to finding peace in a frantic worldThe secret to living mindfully. Just don't breathe a word of it...You breathe 22,000 times every day. How many are you really aware of?International bestselling and award-winning author Dr Danny Penman provides a concise guide to letting go and finding peace in a messy world, simply by taking the time to breathe. Known side effects: You will start to smile more. You will worry less. Life won't bother you so much.Dissolve anxiety, stress and unhappiness, enhance your mind and unleash your creativity with these simple exercises. And with each little moment of mindfulness, discover a happier, calmer you.It really is as easy as breathing...Now translated into nine languages.