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Do Breathe: Clear Your Head. Find Focus. Get Stuff Done. (Paperback)

By Michael Townsend Williams

The Do Book Co, United Kingdom, 2015. Paperback. Condition: New. Language: English. Brand new Book. When you get the right balance in life you can do amazing things: create, perform, lead a team, build a great company, raise a family. But so often the scales tip and we feel overwhelmed and stressed. Michael Townsend Williams, an adman turned yoga teacher and mindfulness coach, is an advocate of wellbeing leading a busy and productive life, but not at the expense of our health and wellbeing. And key to this? Our breath. The crucial link between mind and body, our breath reflects what we're dealing with at any given moment. It tells us when we're out of our depth. With simple breathing exercises and elements from yoga, meditation and mindfulness, Do Breathe will help you to: Reduce stress and increase productivity Improve focus and work flow Cultivate new good habits and drop the bad Build courage and resilience Why not breathe yourself better?".

Reviews

Extensive information for book fans. It is written in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Otis Wisoky

This publication is great. It is full of wisdom and knowledge. You will not really feel monotony at any time of the time (that's what catalogs are for relating to when you ask me).

-- Dr. Everett Dicki DDS