



## The Oxygen Plan

By Eric Lucas

Brick Tower Press, United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Oxygen Plan was a life-changer simply because it put me in control of my choices, while giving me structure to define and categorize my issues. - Lorraine Lucciola, freelance writer Why Oxygen? Oxygen supports life. We don't think about the science of breathing, of simply inhaling and exhaling, because we do it naturally, every minute of every day. The explanation is so simple that we forget it's even happening. We're part of a process called photosynthesis, the reciprocal exchange between plant life and humans. We involuntarily emit carbon dioxide; plants take it in, and produce oxygen for us to breathe. The cycle continues to sustain life on earth. I get it. Try it now. Inhale. Exhale. There. You've just put the very first step of The Oxygen Plan into motion. Oxygen and the Stress Connection: No One is Immune The Oxygen Plan focuses on the universal, common denominator that applies to everyone: STRESS. The Oxygen Plan offers viable behavioral tools and professional support for abundant happiness, fulfillment and maximized potential, by...



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