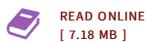




Natural Stress and Anxiety Relief: How to Use the Johnson Breathing Technique

By MS Helen Elizabeth Johnson

Createspace, United States, 2012. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ****** Print on Demand ******. The theory and practical Technique explains the adrenaline connection to sickness and obesity. It is also a significant breakthrough in alleviating and even curing the various forms of stress and anxiety that affect society today. Stress is a modern day epidemic it does not discriminate. Adrenaline addiction is the enemy. It causes us to become both sick and obese. This book can change your life. I think the stress factor is probably in one way or another responsible for fifty percent of other symptoms a patient presents with. I have long believed that breathing played a major part in therapy. Dr. John Knight, AM.



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