



Upgrade Your Breath (Upgrade Your Health) (Volume 7)

Logan Christopher

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Upgrade Your Breath is the most comprehensive guide to breathing exercises ever written. It covers the six principles of breathing containing the details within all breathing exercises.

Over the course of this guide seven breathing applications are covered including deep breathing, breathing for lung capacity, breathing for strength, breathing for endurance, breathing for relaxation, breathing for flexibility, and breathing for energy circulation.

In total there are over 31 different breathing exercises covered.

Also includes sections on improving your air quality through nature and technology, the anatomy of respiration, herbal remedies, sample routines, and the Upgrade Your Breath Action Checklist.

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