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Breath Perception: A Daily Guide to Stress Relief, Mindfulness, and Inner Peace

Barbara Ann Kipfer

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A daily guide to harnessing the amazing power of breath.

Breath Perception is your companion to understanding the power of breath and using it as a tool to improve your physical and mental health. Partly because we take breath for granted and do not “work” with it, we are somewhat unaware of the potential it holds to reduce stress, change metabolism, and increase our supply of energy. *Breath Perception* presents 261 simple exercises—one for every Monday through Friday—for using breath to attain greater well-being. On each page is a daily exercise followed by a “wake-up call,” bits of wisdom to inspire you and enrich your meditation. Develop compassion, gratitude, and forgiveness while de-stressing, lowering your blood pressure, and building up your immune system. Yes, simple breathing has the power to do all of that and more!

Sleep better at night, concentrate better at work, and connect better with loved ones at home. Once you learn to harness the power of breath, you’ll find that it serves you wherever you are, in whatever situations you find yourself. Smartly packaged and attractively designed, *Breath Perception* is perfect for anyone who wants to give the gift of well-being or who is looking for a way to enrich a yoga or meditation practice.

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