

and BREATHE REBECCA DENNIS

READ BY THE AUTHOR

**BOOST ENERGY, COMBAT STRESS,
and IMPROVE HEART HEALTH**

Breathing is something we all know how to do. And yet, the majority of us lose our natural ability to breathe fully: we are conditioned from an early age to control our feelings and emotions, and as a result our muscles tighten and our breathing patterns become restricted. The impact on our mental and physical well-being is huge.

Breath coach Rebecca Dennis shares the deep diaphragmatic breathing exercises that she uses with her clients to combat issues such as anxiety, depression, and low self-esteem—techniques that helped her heal from her own depression. With simple exercises that can be done anywhere, anytime, *And Breathe* shows you how to harness the power of your own breath through conscious breathing, which helps alleviate stress, fatigue, and negative emotions. The result? You'll feel calm yet energized, focused yet relaxed.

Full of tips and real-life testimonials, the heart of *And Breathe* is the exercises, which show you how to:

- CONQUER ANXIOUS THOUGHT PATTERNS
- RELAX AND CALM YOUR MIND
- IMPROVE SLEEP
- QUELL PRE-MEETING BUTTERFLIES OR EMAIL OVERLOAD
- INCREASE PHYSICAL ENERGY
- EXPAND YOUR CREATIVITY

By learning how to consciously connect to your breath and encourage its natural rhythms, you can let go of any unwanted patterns of emotions, blockages, and tension holding you back. Just open the book...and breathe.

REBECCA DENNIS, the founder of breathingtree.co.uk, is a breath coach and workshop leader. She lives in London, England, with her family.



Running Time: Approx. 8 Hours • Unabridged

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