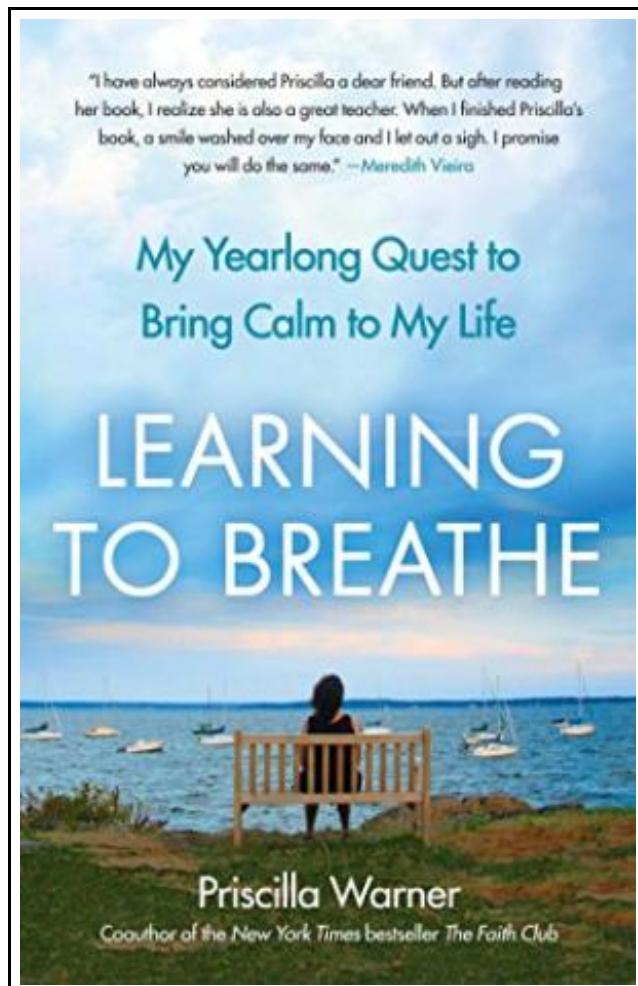


Learning to Breathe: My Yearlong Quest to Bring Calm to My Life



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Reviews

Merely no words and phrases to describe. I really could comprehend almost everything using this created e pdf. Your daily life period will be change once you full reading this ebook.
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Atria Books. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 8.3in. x 5.5in. x 0.8in. Priscilla Warner has had a great life: a supportive husband, a flourishing marriage, two loving sons, and a bestselling book, *The Faith Club*. Despite all her good fortune and success, she suffers from anxiety and panic attacks so debilitating that they leave her unable to breathe. She's tried self-medicating in high school, with a hidden flask of vodka and later, with prescription medications daily doses of Klonopin with a dark chocolate chaser. After forty years of hyperventilating, and an overwhelming panic attack that's the ultimate wake-up call, Warner's mantra becomes *Neurotic, Heal Thyself*. A spirited New Yorker, she sets out to find her inner Tibetan monk by meditating every day, aiming to rewire her brain and her body and mend her frayed nerves. On this winding path from panic to peace, with its hairpin emotional curves and breathtaking drops, she also delves into a wide range of spiritual and alternative health practices, some serious, and some . . . not so much. Written with lively wit and humor, *Learning to Breathe* is a serious attempt to heal from a painful condition. It's also a life raft of compassion and hope for people similarly adrift or secretly fearful, as well as an entertaining and inspiring guidebook for anyone facing daily challenges large and small, anyone who is also longing for a sense of peace, self-acceptance, and understanding. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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