Stress-Busting Breathing Techniques

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Explore several breathing exercises and build a manageable practice routine.

What this guide covers

- Compare box, 4-7-8 and paced breathing.
- Notice your comfort with each approach.
- Plan brief practice sessions and adjust as needed.

Who this is for

For readers exploring relaxation exercises.

Putting the ideas to use

Stop if uncomfortable and seek professional advice when a health condition makes an exercise unsuitable.

Book details

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Download availability: After payment, download the complete ZIP package or the included PDF separately.