



Health, Breath Life: Breathing Techniques for Daily Life (Paperback)

By Ebru Sinik

Cosmo Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Ebru Sinik; the emissary of Chopra teachings in Turkey, wrote this book that we need the most, by combining her experiences and stories with ancient knowledge, and with one of the most important brands of holistic approach. We praise her discipline, vision, strong efforts, dedication, her inputs towards the whole, and thank her for offering this clearly written, wonderful resource to the holistic field. Assistant Prof. Dr. Omer Onder / The Head of Esenyurt University, Physiotherapy and Rehabilitation Department It is a beautifully, fluidly and sincerely written, helpful book that talks about quite important matters. You have simplified an important subject for people to enjoy reading it easily, as you have also integrated important scientific fundamental points. Congratulations! Prof. Dr. Fahri Saatcioglu / Professor, Dept. of Biosciences, University of Oslo Ebru Sinik one of the world s leading educators in Health and Wellness has made Breathing techniques accessible for everyone! Simple yet powerful techniques made easy. This book will be with you forever, a magnificent guide for maintaining great health mentally, emotionally, physically and spiritually. Enjoy! Professor Claire E. Diab / Seton Hall University...



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