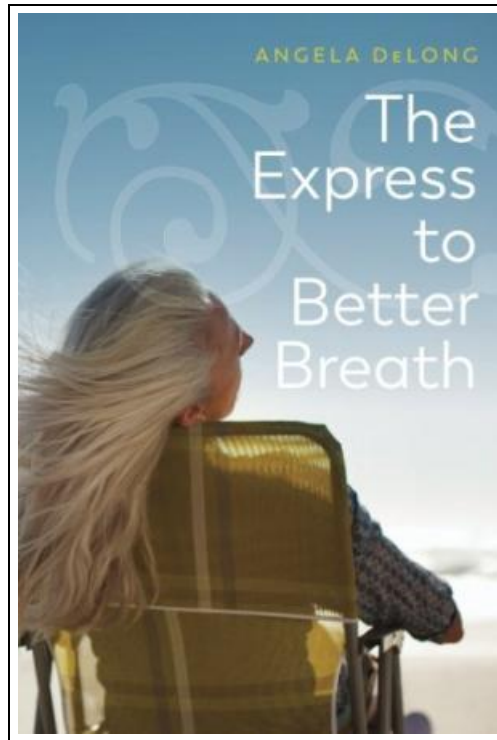


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Large Print. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Do you often spend time struggling to catch your breath? Whether you are suffering from a pulmonary disease or just the effects of aging, the fight for a full breath can be annoying, painful, and even frightening. The simplest of tasks, like going up the stairs or walking down the block, can lead to wheezing and panic. Stop the struggle, and learn how to breathe better and deeper. Physical therapist Angela DeLong has spent her entire career in physical therapy stressing how respiratory function will improve quality of life. DeLong is now sharing her techniques with you in *The Express to Better Breath*. Her handy guide teaches you the physical and biological mechanisms of breathing, different poses that can help you breathe deeper, the best ways to effectively recover your breath, the importance of posture in breathing, and other life changes you can make to improve your breathing. DeLong uses simple diagrams to help you understand the basic concepts behind better breathing. She knows the anxiety her patients feel and how empowering it can be to breathe better. It not only helps your physical health but also gives you peace of mind as you go out to tackle the day!.

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