

**The Healing Power Of The Breath: Simple Techniques To Reduce Stress  
And Anxiety, Enhance Concentration, And Balance Your Emotions  
By Patricia L. Gerbarg, Richard P. Brown**

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The healing power of the breath : simple techniques to reduce stress and anxiety, enhance concentration, and balance your emotions. Author: Brown, Richard P.

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Bhante Vimalaramsi (born 1946) is an American Buddhist monk currently the Abbot of the Dhamma Sukha Meditation Center in Annapolis, Missouri.

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Just A Few Minutes Of Meditation May Reduce Stress, Study Finds Eat, Smoke, Meditate: Why Your Brain Cares How You Cope one of the central benefits of meditation is that it improves attention and concentration: meditation, in contrast to attending to the breath only, can reduce anxiety – and that

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