

Free Your Breath, Free Your Life

How Conscious Breathing Can Relieve Stress, Increase Vitality, and Help You Live More Fully

Dennis Lewis

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“A delightful and innovative path to the most profound truth, shared by the world’s greatest healing traditions: the way through any trauma, stress, illness, or injury is to first put attention on the breath. The reader will not only understand through Dennis’s inspired writing, but get to experience through numerous excellent, practical exercises how conscious and authentic breathing is the gateway to enhanced health and vitality.”

—**Meg Jordan, Ph.D.**, author of *The Fitness Instinct* and founder and editor of *American Fitness*

“This is by far the most compelling and complete book on breathing I’ve ever read. It is ‘must’ reading for everyone who is interested in optimal health.”—**Christiane Northrup, M.D.**, author of *Women’s Bodies*, *Women’s Wisdom* and *The Wisdom of Menopause*

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Most people don’t notice their breathing until they experience a strong emotion or physical sensation—like anxiety, panic, or pain. In *Free Your Breath, Free Your Life*, Dennis Lewis shows how being conscious of your breath can have a significant impact on your physical and emotional health.

Whether you are interested in stress reduction, easing a chronic breathing problem, or exploring the more spiritual aspects of breathing practice, this illustrated guide includes exercises you can use on a daily basis. The practices show readers how to identify and release the restrictions in their breathing, enabling them to live with more presence and vitality in their everyday lives.

Lewis also looks at the psychological and metaphysical dimensions of breathing, exploring the many ways that our self-image (including the clothing we wear, the way we exercise, and our sense of self-importance) shapes our breathing. Special practices and meditations help readers explore breathing not only for health and healing, but also for self-transformation and self-realization.

“Lewis teaches us how to assess our breathing and provides practical tools to help us learn to breathe better and create a healthier balance in our everyday lives. He makes clear that how we breathe reflects who we are and the manner in which we express ourselves—physically, emotionally, and spiritually. This book is a wonderful resource for anyone who wishes to improve his or her health and vitality through the breath.”

—**Len Saputo, M.D.**, co-editor of *Boosting Immunity*

Dennis Lewis, a longtime student of the Gurdjieff Work, Taoism, and Advaita Vedanta, teaches the transformative power of presence through breathing, qigong, and meditation. He is the author of the acclaimed book *The Tao of Natural Breathing*.

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