



14 Days to Oxygenating,
Recharging and Fuelling Your
Body and Brain

Belisa Vranich Psy D

BREATHE

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Fuelling Your Body and Brain

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**Whether you want to lose weight, cure your
sleeping problems or reduce stress, the first and
most important step is: breathe!**

DESCRIPTION

There is an aspect of health that we have all been taking for granted, but which is of vital importance to our well-being: the breath. The combination of the explosion of technology, longer hours spent seated at a desk or in a car, and high levels of daily stress have had a tremendous negative impact on the way we breathe. This in turn has created or even exacerbated medical problems such as high blood pressure, irritable bowel syndrome and insomnia.

The first book of its kind, *Breathe* is a fascinating and straightforward exploration of how our breath affects our health, and how we can use it to solve health issues from fatigue and anxiety to weight gain and poor digestion. In this book, clinical psychologist Belisa Vranich asks you to dedicate ten minutes a day for fourteen days to your breath. The result: more energy, less pain, lower cortisol (and control of belly fat), less GI problems and a better immune system.

By combining anatomy and fitness with psychology and mindfulness, Belisa gives readers a way of healing from the inside out: by addressing ailments at the cellular level, with oxygen.

SALES AND MARKETING

- The rise of popularity in yoga and meditation has made the breath an extremely popular topic, especially in its impact on wellbeing. This is the first science-based, mainstream book that explains how to use the breath to heal common physical ailments.
- Belisa has had incredible media coverage: she is currently an advisor for *Shape* magazine and the relationship expert for *Men's Health*; she has previously contributed to *Men's Fitness* magazine and Foxnews.com. She is currently a regular guest on US television including CNN, *Fox News*, the *Today Show* and *Good Morning America*.
- Belisa is a prolific public speaker in the area of health and mental health: she has a decade of experience in developing educational campaigns, presenting, lecturing and teaching.
- Belisa will be doing a PR trip to the UK to promote the book.

AUTHOR BIOG

Belisa Vranich PsyD is a renowned clinical psychologist, author and public speaker. She is the founder of The Breathing Class, and teaches and lectures across the USA on topics related to dysfunctional breathing patterns and stress. With over fifteen years of experience in private practice, Belisa is a leading expert in health and fitness, stress reduction, nutrition, trauma and addiction.

www.thebreathingclass.com

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