



The Knowles Method of Breath Training (Paperback)

By William Knowles, Dr Victor Paul Wierwille

Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This book, written by famed international breath therapist William P. Knowles, sets forth in a straight forward manner his program of breath training that dramatically improved the health and well-being of thousands of people. In recent years, numerous clinical studies have demonstrated the benefits to overall health and well-being resulting from a regular regimen of breathing exercises. Long before all of these clinical studies were conducted, William P. Knowles developed a proven method of breath therapy. Knowles was employed during World War II by the British Armed Forces to teach the same techniques to the Royal Air Force. Today, many enthusiastic practitioners of the Knowles method continue to enjoy the benefits of health and well-being gained through breath training. When faithfully carried out, the simple method taught in this book will provide the reader with energy, vitality, and renewed strength to resist and fight disease.



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