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It's about one simple question that advances, creates, ignites. author of "Breathe: The Simple, Revolutionary 14-Day Program to Improve your Mental and Physical Health". As founder of The Breathing Class™, Belisa has taught and lectured

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When working with trauma and chronic health issues, it can often seem —Dan Brulé, author of Just Breathe: Master Breathwork for Success in Life, —Dr. Belisa Vranich, clinical psychologist and author of Breathe: The Simple, Revolutionary 14-Day Program to Improve Your Mental and Physical Health

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4 hours and 57 minutes to read "Breathe: The Simple, Revolutionary 14-Day Program to Improve Your Mental and Physical Health" on average (250 WPM).

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