

rebirthing breathwork

rebirthing breathwork is a transformative breathing technique designed to promote emotional healing, stress reduction, and enhanced self-awareness. This method involves conscious, connected breathing patterns that facilitate the release of suppressed emotions and mental blockages. By practicing rebirthing breathwork, individuals can experience profound relaxation, clarity, and a renewed sense of vitality. The technique often integrates elements of mindfulness, meditation, and energy work to support holistic well-being. This article explores the origins, benefits, techniques, and scientific background of rebirthing breathwork, along with practical guidance for safe practice and integration into daily life. Whether new to breathwork or seeking deeper understanding, this comprehensive overview covers essential aspects of this powerful healing modality.

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What is Rebirthing Breathwork?

Rebirthing breathwork is a holistic breathing practice focused on conscious connected breathing. It encourages continuous inhalation and exhalation without pauses, which helps to access and release emotional traumas and stress held within the body. This breathwork style is designed to facilitate a state of deep relaxation and heightened awareness, enabling practitioners to confront subconscious patterns and integrate healing experiences. Unlike traditional breathing exercises, rebirthing breathwork emphasizes a gentle, rhythmic flow that mirrors natural breathing but with intentional consciousness and presence. It is often used as a therapeutic tool in personal development and alternative healing.

Definition and Core Principles

At its core, rebirthing breathwork revolves around the principle of “conscious connected breathing,” which means breathing in a continuous cycle without holding or pausing between breaths. This technique aims to cleanse the nervous system, increase oxygen flow, and unlock emotional energy

stored in the body. The process supports self-awareness and emotional release, facilitating a “rebirth” experience symbolizing renewal and transformation.

Difference from Other Breathwork Modalities

Rebirthing breathwork distinguishes itself from other forms such as holotropic breathwork or pranayama by focusing on gentle, continuous breathing without hyperventilation or breath retention. Its therapeutic goal is emotional unblocking rather than purely physiological or spiritual experiences. This makes it accessible and widely applicable for stress relief, trauma healing, and personal growth.

History and Origins of Rebirthing Breathwork

The practice of rebirthing breathwork was developed in the 1970s by Leonard Orr, who coined the term and popularized the method. Orr’s approach emerged from the belief that suppressed birth trauma and emotional blockages can affect physical and mental health. By consciously breathing in a connected pattern, individuals could metaphorically “rebirth” themselves, releasing these hidden traumas and promoting healing.

Leonard Orr and the Development of Rebirthing

Leonard Orr’s discovery of rebirthing breathwork was influenced by his own experiences with breath control and spiritual awakening. He emphasized the importance of conscious breathing as a tool for self-transformation, linking breath with energy flow and emotional release. Orr’s teachings spread globally, inspiring therapists, counselors, and wellness practitioners to incorporate rebirthing into their work.

Evolution and Contemporary Practice

Since its inception, rebirthing breathwork has evolved to include variations and integrations with other therapeutic modalities. Contemporary practitioners may combine it with guided meditation, bodywork, or psychotherapy to enhance emotional healing. Despite some controversy in early days, it is now recognized as a valuable complementary approach within the holistic health community.

How Rebirthing Breathwork Works

Rebirthing breathwork operates through intentional breathing patterns that stimulate physiological and psychological changes. The continuous deep breathing increases oxygen levels while helping to regulate the autonomic nervous system. This process can lead to altered states of consciousness, where suppressed memories or emotions surface for conscious processing and release.

Physiological Mechanisms

The technique enhances oxygenation of the blood, supports detoxification, and balances the nervous system. By avoiding breath holds, it maintains a smooth flow of oxygen and carbon dioxide exchange, promoting calmness and reducing anxiety symptoms. The respiratory rhythm also influences heart rate variability, which is linked to emotional regulation and stress resilience.

Psychological and Emotional Effects

Conscious connected breathing can unlock emotional tension and facilitate cathartic release. Many practitioners report breakthroughs related to childhood memories, trauma, or deeply ingrained behavioral patterns. The experience may involve sensations of lightness, emotional cleansing, or a renewed sense of self-awareness and empowerment.

Benefits of Rebirthing Breathwork

Rebirthing breathwork offers a wide range of physical, emotional, and spiritual benefits. It can be a powerful tool for healing unresolved trauma, managing stress, and enhancing overall well-being. The holistic nature of this breathwork supports mind-body integration and personal transformation.

Physical Benefits

- Improved respiratory function and oxygenation
- Reduced muscle tension and physical stress
- Enhanced energy levels and vitality
- Support for detoxification and circulation

Emotional and Mental Health Benefits

- Release of suppressed emotions and trauma
- Reduction in anxiety and depressive symptoms
- Improved emotional resilience and stability
- Greater self-awareness and clarity of mind

Spiritual and Personal Growth Benefits

- Heightened states of consciousness and mindfulness
- Experience of inner peace and connectedness
- Facilitation of transformational insights
- Development of a deeper connection to self

Techniques and Practice of Rebirthing Breathwork

The practice of rebirthing breathwork involves specific breathing exercises guided by trained facilitators or performed independently with proper knowledge. Sessions typically last between 30 minutes to an hour, focusing on conscious, connected breaths to induce relaxation and emotional release.

Basic Technique

Participants lie down or sit comfortably and begin breathing deeply and continuously through the nose or mouth, maintaining a smooth, circular rhythm without pauses. The breath is full but relaxed, emphasizing connection between the inhale and exhale. Attention is kept on the breath's flow while allowing any thoughts or sensations to arise without judgment.

Guided Sessions and Facilitation

Many people practice rebirthing breathwork with a trained facilitator who provides verbal guidance, emotional support, and safety monitoring. Facilitators may use music, affirmations, or gentle touch to enhance the experience. Group sessions or one-on-one formats are common, with facilitators helping participants navigate emotional release and integration.

Self-Practice Considerations

Individuals interested in practicing rebirthing breathwork alone should receive proper instruction and start gradually. It is important to create a safe, quiet environment and be mindful of personal limits. Journaling or reflective practices after sessions can support processing and integration.

Scientific Research and Evidence

While rebirthing breathwork has gained popularity in alternative health circles, scientific research on its efficacy is limited but growing. Studies on conscious breathing techniques indicate positive effects on stress reduction, emotional regulation, and mental health symptoms.

Physiological Studies

Research has demonstrated that controlled breathing exercises can influence heart rate variability, reduce cortisol levels, and improve autonomic nervous system balance. These findings support the physiological benefits attributed to rebirthing breathwork, though specific studies on rebirthing itself remain sparse.

Psychological Outcomes

Preliminary research suggests that breathwork therapies may help reduce anxiety, depression, and PTSD symptoms by facilitating emotional processing and mindfulness. More rigorous clinical trials are needed to validate these effects specifically for rebirthing breathwork.

Precautions and Contraindications

Despite its benefits, rebirthing breathwork may not be suitable for everyone. Certain medical conditions and psychological states require caution or avoidance of this practice. Consulting healthcare professionals before beginning any breathwork regimen is recommended.

Medical Considerations

- Cardiovascular conditions such as hypertension or heart disease
- Respiratory illnesses including asthma or COPD
- Pregnancy and related health concerns

Mental Health Precautions

- Severe psychiatric disorders or unstable mental health
- History of trauma or PTSD without professional support
- Use of certain medications that affect breathing or consciousness

Integrating Rebirthing Breathwork into Daily Life

Incorporating rebirthing breathwork into a regular wellness routine can enhance emotional balance and overall health. Simple breathing practices can be adapted for daily stress management or deeper

self-exploration as part of a holistic lifestyle.

Practical Tips for Daily Practice

1. Set aside dedicated time in a quiet space for breathwork.
2. Begin with short sessions and gradually increase duration.
3. Use mindful awareness to observe breath sensations and emotional responses.
4. Combine breathwork with meditation, yoga, or journaling for enhanced benefits.
5. Seek professional guidance if exploring intense emotional release.

Supporting Lifestyle Habits

Maintaining a healthy diet, regular physical activity, and adequate sleep supports the effectiveness of rebirthing breathwork. Creating a balanced lifestyle fosters resilience and deeper healing experiences.

Frequently Asked Questions

What is rebirthing breathwork?

Rebirthing breathwork is a breathing technique that involves conscious, connected breathing to help release emotional blockages and promote mental and physical healing.

How does rebirthing breathwork work?

It works by encouraging a continuous, circular breathing pattern that increases oxygen flow, helping individuals access suppressed emotions and achieve a state of deep relaxation and awareness.

What are the benefits of rebirthing breathwork?

Benefits include reduced stress and anxiety, emotional healing, enhanced self-awareness, improved respiratory function, and increased energy levels.

Is rebirthing breathwork safe for everyone?

While generally safe, it is not recommended for people with certain medical conditions such as severe asthma, heart problems, or epilepsy without consulting a healthcare professional.

How long does a typical rebirthing breathwork session last?

A typical session lasts between 60 to 90 minutes, including guided breathing, relaxation, and integration time.

Can rebirthing breathwork help with trauma recovery?

Yes, many practitioners use rebirthing breathwork as a tool to access and release trauma stored in the body and mind, facilitating emotional healing.

Do I need prior experience to try rebirthing breathwork?

No prior experience is necessary; however, it is recommended to practice under the guidance of a trained facilitator to ensure safety and effectiveness.

Additional Resources

1. *Rebirthing Breathwork: Awakening the Life Force Within*

This book offers an in-depth exploration of rebirthing breathwork techniques designed to release emotional blockages and promote healing. It guides readers through the history, philosophy, and step-by-step practices to harness the power of conscious breathing. Ideal for both beginners and practitioners, it emphasizes the transformative potential of breath as a tool for personal growth.

2. *The Healing Breath: A Guide to Rebirthing Breathwork*

A comprehensive manual that introduces readers to the fundamentals of rebirthing breathwork, focusing on its therapeutic benefits. The author shares case studies and exercises to help individuals overcome trauma, stress, and anxiety. This book also explains how breathwork can unlock suppressed memories and facilitate emotional release.

3. *Breathe to Heal: The Art and Science of Rebirthing Breathwork*

Combining scientific research with practical instruction, this title delves into how breathwork affects the nervous system and emotional well-being. It provides guided sessions designed to help readers experience deep relaxation and mental clarity. The book also highlights the spiritual aspects of rebirthing and its role in self-discovery.

4. *Rebirthing Breathwork for Emotional Freedom*

Focusing on emotional liberation, this book illustrates how conscious breathing can free individuals from limiting beliefs and emotional pain. It includes techniques for integrating breathwork into daily life to maintain emotional balance. Personal stories and expert insights enrich the reader's understanding of the process.

5. *The Power of Conscious Breathing: Rebirthing Techniques for Transformation*

This title presents a holistic approach to rebirthing breathwork, emphasizing the connection between breath, body, and mind. Readers learn how to use breath to access deeper states of consciousness and facilitate profound change. Practical advice and meditative exercises support the journey toward self-awareness.

6. *Rebirthing Breathwork: A Path to Inner Peace and Clarity*

Designed to help readers achieve mental clarity and inner calm, this book explains how rebirthing

breathwork can dissolve stress and promote emotional healing. It offers detailed breathing exercises along with explanations of their psychological effects. The author encourages a mindful approach to breath as a way to cultivate peace.

7. Transformative Breath: Exploring Rebirthing Breathwork

This engaging book explores the transformative potential of breathwork through personal narratives and guided practices. It highlights how rebirthing breathwork can lead to breakthroughs in self-awareness and emotional healing. Readers are encouraged to experiment with different techniques to find what resonates most deeply.

8. Breath as Medicine: The Rebirthing Breathwork Experience

Focusing on the therapeutic applications, this book discusses how breathwork serves as a natural medicine for mental and emotional health. It includes practical instructions for conducting rebirthing sessions safely and effectively. The author also covers the integration of breathwork with other healing modalities.

9. Awaken the Breath: Rebirthing Breathwork for Spiritual Growth

This book centers on the spiritual dimensions of rebirthing breathwork, guiding readers to connect with their higher selves through conscious breathing. It explores the role of breath in awakening intuition, creativity, and spiritual insight. Meditative practices and reflective prompts help deepen the reader's spiritual journey.

Rebirthing Breathwork

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rebirthing breathwork: Learning to Breathe from the Breath Itself Paul De Wit, 2016-04-28 In this book the author, who has been involved in rebirthing-breathwork for more than 30 years, takes us onto a journey of exploration. What we explore are both the outer and the inner aspects of breathing. Since the birth of breathwork in the 1970s much has been learned about breathing and, for example, how it can be affected by our birth and subsequent life-experiences. Learning to Breathe from the Breath Itself explains how rebirthing-breathwork developed, what it is, how it works and what kind of experiences a novice breathworker can expect. The appendix contains a series of breathing exercises that are a fun way of exploring one's breathing and that can help the beginning breathworker on her way. As such this book serves as a thorough introduction to rebirthing-breathwork. Beyond an introduction it also seeks to explore the deeper and more subtle phenomena associated with the breath. It introduces the concept of the imprint left on breathing by traumatic experiences and explains how connected breathing can resolve certain forms of trauma quite easily. It explains the breathing release and explores how thinking and consciousness are related to breathing and the breathing rhythm. As such it can be of great value to those who take conscious connected breathing serious and to those who have made it their profession. The author uses some of his own experiences as examples of the more general phenomena he describes, which gives the book an extra edge. Learning to Breathe from the Breathe Itself serves as both a map and a travel guide; as the title implies however, it is not the journey itself. Yes, we all breathe; but hardly

anyone of us breathes unrestricted and freely. This book shows you how you can wake up in your breathing and start to learn how to breathe freely and unrestricted from the Breath itself.

rebirthing breathwork: Conscious Breathing Joy Manne, Ph.D., 2004-08-13 Conscious Breathing presents contemporary Breathwork methods in a comprehensive, structured way for modern readers. Emphasizing the practice as a way to access the most elevated states of consciousness and the deepest states of meditation, author Joy Manne shows how Breathwork can be applied to transpersonal, existential, past life, chakra, Kundalini, shamanic, and other experiences. Using detailed examples, case histories, and exercises, Conscious Breathing covers basic grounding and awareness, advanced breath and body-centered explorations, and explorations of biblical and religious teachings.

rebirthing breathwork: Breathwork Arlenia Carver, 2025-06-24 Unlock the transformative power of your own breath and embark on a journey of self-discovery, healing, and peak performance. This comprehensive guide demystifies the ancient art and modern science of breathwork, offering a step-by-step roadmap to mastering techniques that have fueled yogis, explorers, and high-performing athletes for centuries. Whether you're seeking relief from stress, a deeper spiritual connection, or a natural boost of energy, this book provides everything you need to breathe with intention and live with purpose. Inside, you'll find:- Rich historical context that traces breathing practices from the Vedic traditions of pranayama to contemporary methods like the Wim Hof Method and Holotropic Breathwork, illuminating how each technique evolved and why it endures today.- Clear, accessible explanations of the physiological mechanisms behind breathwork—discover how controlled breathing influences your nervous system, balances hormones, and ignites your body's innate healing potential.- Step-by-step exercises designed for all experience levels. Illustrated routines guide you through beginner, intermediate, and advanced practices, empowering you to tailor each session to your goals—whether that's calming anxious thoughts, expanding mental focus, or unleashing boundless vitality. You'll also learn how to seamlessly integrate breathwork into daily life:- Morning rituals that awaken your senses and prime you for high performance- Midday resets to dissolve fatigue and rekindle mental clarity- Evening routines that release tension and prepare you for restorative rest Beyond technique, this book delves into the emotional and spiritual dimensions of conscious breathing. Through guided visualizations and reflective prompts, you'll cultivate greater self-awareness, confront buried emotions, and forge a deeper connection with your inner landscape. Key benefits you'll experience:• Stress reduction & emotional resilience—learn to navigate life's challenges with calm, grounded presence• Enhanced mental clarity & creativity—unlock new levels of focus for work, study, or artistic pursuits• Boosted energy & athletic performance—harness breath to power endurance, strength, and recovery• Deepened spiritual insight—use breath as a gateway to mindfulness, meditation, and inner peace This isn't just another self-help book—it's a definitive resource that synthesizes time-tested wisdom and cutting-edge research into a transformative practice you can start today. Whether you're a curious beginner or a seasoned practitioner, you'll find inspiration, guidance, and the practical tools to make every breath an opportunity for growth. Start breathing with purpose. Transform your body. Elevate your mind. Awaken your spirit.

rebirthing breathwork: The Little Book of Breathwork Jo Peters, 2023-05-11 Learn how to use the power of your breath to gain clarity, peace and better health with this beginner's guide to the ancient practice of breathwork. If you're looking for ways to boost your overall health and well-being, and tools that can bring you instant calm, then breathwork is the answer. Breathwork combines meditation and mindfulness with the ancient traditions of yoga and qigong, with simple exercises that anyone can try. Once you've started learning the art of breathwork, you'll have the knowledge at your disposal to help you: Relieve stress and anxiety and create a deeper sense of calm Enhance your mental clarity and increase your focus Improve your overall physical health and well-being Harness your natural energy and boost athletic and motivational performance Cultivate a deeper connection with your mind, body and soul With an overview of the history of breathwork around the world, and step-by-step instructions for carrying out different techniques safely in your own home,

The Little Book of Breathwork provides everything you need to embark on your journey to feeling great every day.

rebirthing breathwork: The Science of Breathwork Emile Verkerk, 2024-11-30 The Science of Breathwork: How Breathing Affects the Body and Mind Breathing is more than just a biological function; it is the key to unlocking profound physical, mental, and emotional transformation. In The Science of Breathwork, explore the fascinating intersection of ancient wisdom and modern science to discover how conscious breathing can revolutionize your well-being. This eBook dives deep into the physiological and psychological mechanisms that make breathwork such a powerful tool. Learn how specific breathing techniques influence your nervous system, improve oxygenation, and reduce stress. Backed by scientific studies, you'll uncover how breathing can enhance focus, boost energy, improve sleep quality, and even strengthen your immune system. But breathwork is not just for managing stress or improving health; it is also a gateway to inner peace and self-discovery. By consciously regulating your breath, you can access altered states of consciousness, foster emotional resilience, and heal from trauma. Whether you are a beginner curious about the benefits of mindful breathing or a seasoned practitioner looking to deepen your knowledge, The Science of Breathwork provides the tools and insights you need. With clear explanations, practical exercises, and actionable techniques, this guide empowers you to integrate breathwork into your daily routine and transform the way you live, work, and connect with yourself. Discover how something as simple as your breath can create profound shifts in your body and mind. Take the first step toward a healthier, calmer, and more connected you with The Science of Breathwork.

rebirthing breathwork: Breathwork and Quantum Jumping Emile Verkerk, 2025-02-15 Breathwork and Quantum Jumping: Breath as a Gateway to Infinite Potential and New Realities invites you on a transformative journey where breath meets consciousness. This eBook explores the powerful relationship between breathwork and quantum jumping, providing practical techniques to unlock your innate potential and shift your reality. Discover the science behind breath and its impact on the mind and body, and learn how to harness breath to navigate parallel realities. With clear guidance on core breathwork practices, visualization techniques, and guided meditations, this book empowers you to overcome barriers and integrate your experiences for lasting change. Rich with resources, exercises, and a glossary of terms, it serves as a comprehensive guide for anyone looking to deepen their understanding of these transformative practices. Whether you're a novice or an experienced practitioner, this book offers valuable insights to help you breathe your way into new dimensions of possibility and personal growth.

rebirthing breathwork: Mind Body Balance Mira Skylark, AI, 2025-03-13 Mind Body Balance explores the powerful connection between your mental and physical states, offering a practical guide to achieving emotional well-being and overall health. It delves into the synergistic benefits of meditation, breathwork, and mindful movement, highlighting how these practices can foster resilience and inner peace. The book emphasizes that cultivating a conscious mind-body connection is essential for sustained health, providing a proactive approach to self-care rather than reactive treatment. Did you know breathwork can regulate your nervous system, impacting stress and cognitive function? Or that mindful movement integrates physical postures with focused attention, deepening body awareness? The book begins by introducing fundamental concepts and the scientific basis of mind-body integration. It then progresses through sections dedicated to meditation, breathwork, and mindful movement, offering techniques and practical exercises. Ultimately, the book guides you on how to integrate these practices into your daily life for lasting change, providing a blueprint for a more balanced and fulfilling existence.

rebirthing breathwork: Eternal Breath Pola Churchill, Sondra Ray, 2007-11-14 Eternal Breath-A Biography of Leonard Orr by Pola Churchill is a unique classic. There is beautiful light streaming both from the writing style and content, it touches the soul. It is explosive and revolutionary! Leonard Orr is one of the Pioneers and Originators of the Human Potential Movement along with contemporary folk heroes, Earl Nightingale, Maxwell Maltz, Carl Rodgers and Abraham Moslow. Leonard has written thirty books in over a dozen languages including: Rebirthing in the

New Age, The Story of Rebirthing Breathwork, Babaji Angel of the Lord, Government without Taxes, How to Make Democracy Work, Breaking the Death Habit.... His International Rebirthing Breathwork Movement has served over a ten million people on six continents.

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rebirthing breathwork: Breathwork Ashley Roberts, 2025-07-17 Breathing comes naturally to us, we do it without thinking, but what happens if instead of taking this process for granted, we pay attention and focus on our breath? This simple act, known as breathwork, is proven to help clear our minds, strengthen our nervous system, and oxygenate our entire body. But how do we harness this hidden power to help us with everyday anxiety, improve our sleep pattern and become happier? As a former member of a popular girl group, radio host and television presenter, Ashley Roberts is no stranger to constant change, stressful scenarios and the pressures of a demanding career. But over the years, Ashley experienced extreme restlessness, anxiety and terrible sleep, and after some acutely difficult events in her personal life, including the death of her father, she found herself struggling and reaching out for help. After seeking medical help, her doctor confirmed that her body, mind and soul needed to add breathwork into her life. She dove headfirst, and with her commitment to it, her life began to change... With the help of simple breathing techniques, Ashley implemented these accessible methods and found her mental health was improving and she was experiencing deep sleep. For the first time in a long time, she felt a sense of calmness and connection to her authentic self. Now, Ashley wants to share with you the effective tools that have helped her in her self-improvement journey. Filled with practical breathing exercises, mantras, affirmations and meditations, Ashley takes you on a journey to improve your mental and physical wellbeing and find inner peace.

rebirthing breathwork: Breathing Techniques 101 Aline An, Whether you are new to this practice or looking to deepen your existing breathwork routine, this guide is designed to serve as a fundamental resource, enriched with breathing techniques that I have not only meticulously researched and personally tested, but have also successfully shared with numerous participants across various workshops over the years. This guide aims to build on that knowledge by offering you a collection of 50 specific breathing techniques and exercises, each chosen for its effectiveness in generating tangible benefits for practitioners of all levels. These techniques are crafted to address common challenges such as reducing stress and anxiety, managing anger, and boosting energy—issues that many of us face in our daily lives. You will find each technique detailed with step-by-step instructions, ensuring you can practice them with ease and confidence. Beyond mere exercises, this guide is structured to deepen your understanding of how each breath can influence your physiological, emotional, and psychological states, providing you with the tools to harness your breath's natural power consciously. This guide is intended to serve not just as an instructional manual but as a handbook for a lifetime of practice. It is organized to help you integrate breathwork into your daily routine, with practical tips for making these exercises a regular part of your quest for health and happiness. Through consistent practice, you will discover how to use your breath to calm

your mind, energize your body, and achieve a greater sense of balance and fulfillment in your life. As we embark on this journey together, remember that each breath is an opportunity to reshape your health, clarify your mind, and renew your spirit. The techniques within this book are your allies in navigating the complexities of modern life and embracing a healthier, more centered existence. Whether you are seeking relief from stress, looking to manage emotional responses, or simply wishing to boost your energy levels, this guide will teach you how to breathe more effectively and help you discover the profound joy and profound peace that come from living with mindful breath. Here's to taking the first step towards a healthier, happier you through the simple power of breathing.

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rebirthing breathwork: Just Breathe Dan Brule, 2017-03-28 Hailed by Tony Robbins as the "definitive breathwork handbook," Just Breathe will teach you how to harness your breath to reduce stress, increase productivity, balance your health, and find the path to spiritual awakening. Big meeting jitters? Anxiety over a test or taxes? Hard time focusing? What if you could control your outcomes and change results simply by regulating your breath? In this simple and revolutionary guide, world-renowned pioneer of breathwork Dan Brulé shares the Breath Mastery technique that has helped people in more than fifty countries reduce anxiety, improve their health, and tap infinite stores of energy. Just Breathe reveals the truth that elite athletes, champion martial artists, Navy SEAL warriors, first responders, and spiritual yogis have always known—when you regulate your breathing, you can moderate your state of well-being. So if you want to clear and calm your mind and spark peak performance, the secret is just a breath away. Just Breathe gives you the tools to achieve benefits in a wide range of issues including: managing acute/chronic pain; helping with insomnia, weight loss, attention deficit, anxiety, depression, trauma, and grief; improving intuition, creativity, mindfulness, self-esteem, and leadership; and much more. Recommended "for those who wish to destress naturally" (Library Journal), Just Breathe will help you utilize your breath to benefit your body, mind, and spirit.

rebirthing breathwork: Therapy 101 Jeffrey C. Wood, Minnie Wood, 2008-10-01 Therapy 101, a light-hearted, fun look at modern psychology's most effective (and most insane-sounding!) treatment methods, introduces readers to the human mind, its ailments, and their treatment—a great resource for those considering therapy or just curious about how it works.

rebirthing breathwork: The SAGE Encyclopedia of Theory in Counseling and Psychotherapy Edward S. Neukrug, 2015-02-12 The SAGE Encyclopedia of Theory in Counseling and Psychotherapy is a two-volume source that traces theory and examines the beginnings of counseling and psychotherapy all the way to current trends and movements. This reference work draws together a team of international scholars that examine the global landscape of all the key counseling and psychotherapy theories and the theorists behind them while presenting them in context needed to understand their strengths and weaknesses. This is a quick, one-stop source that gives the reader

the who, what, where, how, and why of contemporary counseling and psychotherapy theory. From historical context in which the theories were developed to the theoretical underpinnings which drive the theories, this reference encyclopedia has detailed and relevant information for all individuals interested in this subject matter. Features & Benefits: Approximately 335 signed entries fill two volumes available in a choice of print or electronic formats. Back matter includes a Chronology of theory within the field of counseling to help students put individual theories within a broader context. A Master Bibliography and a Resource Guide to key books, journals, and organizations guide students to further resources beyond the encyclopedia. The Reader's Guide, a detailed Index and the Cross References combine for effective search-and-browse in the e-version and helps students take the next steps in their research journeys. This reference encyclopedia serves as an excellent source for any individual interested in the roots of contemporary counseling and psychotherapy theory. It is ideal for the public and professionals, as well as for students in counselor education programs especially those individuals who are pursuing a Masters level degree.

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