

## A Life Worth Breathing A Yoga Masters Handbook Of Strength Grace And Healing By Strom Max 2012 Paperback

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### A Life Worth Breathing A

A Life Worth Breathing teaches us that by healing our past emotional wounds, silencing the inner critic that cripples us, and cultivating a yoga and breathing practice, we can elevate ourselves from the mindset of a reactionary victim to an authentic life of meaning, health, and joy. A life worth living, a life worth breathing.

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Max Strom is a spiritual teacher, author and breathes workmaster. He has written several books about breathing exercises, inner axis, and yoga life.

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