



Asthma Free: Managing Your Asthma with the BradCliff Breathing Method

Dinah Bradley

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Asthma Free: Managing Your Asthma with the BradCliff Breathing Method Dinah Bradley

Retrain your breathing to manage your asthma medication and stress. A fully revised, updated (and renamed) edition of the successful 2002 *Breathing Works for Asthma*, this book is the asthma sufferer's indispensable companion. Roughly one person in seven experiences asthma at some time in their life. This fresh and original book looks at aspects of living with asthma in a unique and comprehensive way. In recent years, asthma patients may have been well informed about their drug management but less emphasis has been placed on physical coping skills and the importance of the correct use of the muscles of breathing. In *Dynamic Breathing for Asthma* two internationally recognised experts on breathing pattern disorders take you through a step by step breathing retraining process, which can help you to reduce medications, reduce stress levels, exercise comfortably and most importantly - breathe effectively.

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