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Mind Control through Breath Regulation

By Phd Nguyen Tran

Trafford. Paperback. Book Condition: New. Paperback. 112 pages. Dimensions: 11.0in. x 8.5in. x 0.3in. Mind control yoga cures many problems in life. It is straightforward to do, to enjoy short- and long-term benefits and natural spirituality. It is all laid out in the book including amusing humanistic and touching stories. Book Reviews At a time when the constant noise and haste of everyday life sends many in search of stillness and wellbeing, it may be surprising to find an approach to yoga written by a busy scientist. Here is a unique contribution to our scientific understanding of how yoga works on the mind and body. Mind Control Through Breath Regulation can be used at many levels. Students and practitioners will find a delightfully illustrated guide to yoga exercises, and general hints on living healthily. Experienced practitioners can further their understanding and ways of developing the disciplined use of the breath. Those interested in science will find a fascinating study of the way neurones, electrical impulses and quantum energy are utilised in yoga practice to achieve high physical and mental potential. As an engineer who has practised yoga for over forty years, Nguyen Tran has broken new ground by using quantum physics...



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Reviews

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