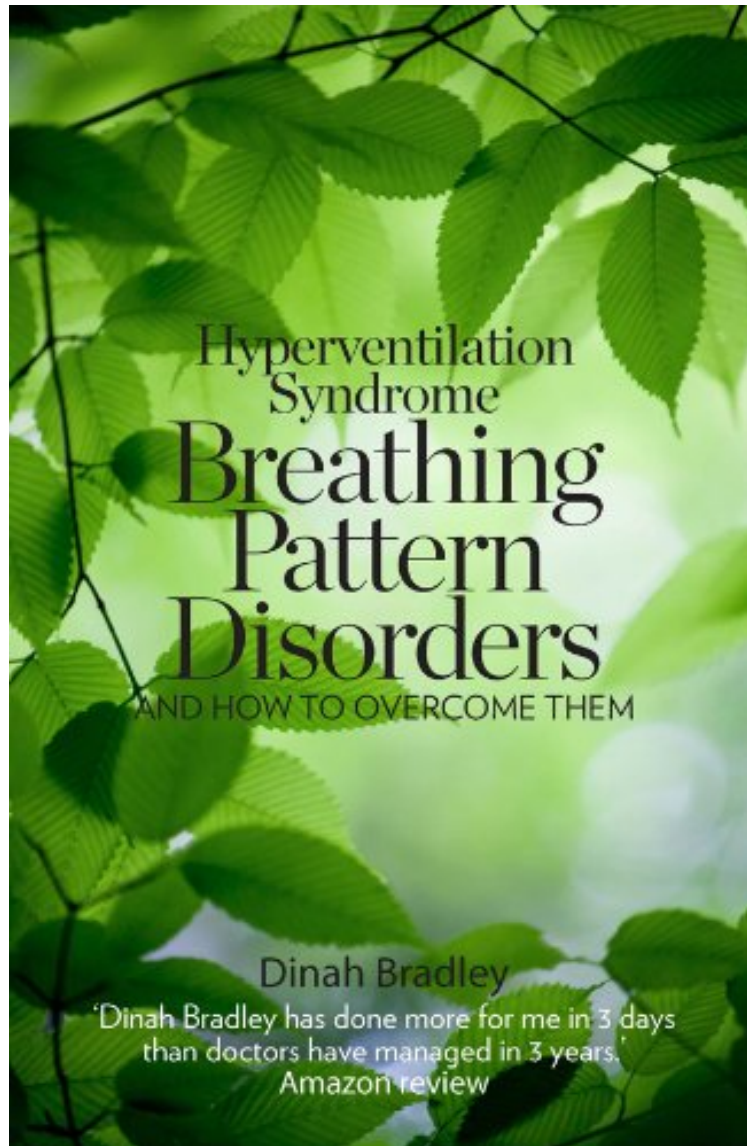


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Hyperventilation Syndrome: Breathing Pattern Disorders and How to Overcome Them

Dinah Bradley

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book, and the delivery was quicker than I expected. The book is very informative and helpful; easy reading, and I would definitely recommend it! The Ordering of it was a Good Experience!9 of 10 people found the following review helpful. This book is a MUST readBy Michael DalyI was tormented with a breathing disorder for 4 years. This book was a tremendous help. I started out hyperventilating 4 years ago and then without me realizing, it turned into a different breathing disorder where I was breathing too slowly. Using the breathe timing and relaxation techniques in this book I was able to identify the issue and expedite my recovery. I've gone from years of almost going out of my mind until now I'm 90% back to normal. I have read a lot of books on the subject, and no other book other than the Bible helped me this much. I hope it will help you. God bless!

Are you suffering from unrelated symptoms, like nausea, breathlessness when resting, or lack of concentration? These are just some of the symptoms that could mean you have Hyperventilation Syndrome. HVS is a breathing disorder that involves rapid breathing from the chest, rather than the stomach. It is usually a side effect of prolonged stress and is often untreated. Dinah Bradley explains exactly what hyperventilation is and how to overcome it. There is also a plan and a workbook to help you manage your stress levels and other symptoms. This book will literally make you breathe more easily.

About the AuthorDinah Bradley is a New Zealand trained and qualified respiratory physiotherapist with over 30 years' experience working in Britain, Australia and New Zealand. Dr. Mike Thomas is a GP and hospital practitioner, recent Research Fellow Asthma UK.