

## Where To Download Learning To Breathe My Yearlong Quest To Bring Calm To My Life

# Learning To Breathe My Yearlong Quest To Bring Calm To My Life

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Written with lively wit and humor, Learning to Breathe is a serious attempt to heal from a painful condition. It's also a life raft of compassion and hope for people similarly adrift or secretly fearful, as well as an entertaining and inspiring guidebook for anyone facing daily challenges large and small, anyone who is also longing for a sense of peace, self-acceptance, and understanding.

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Learning to Breathe: My Yearlong Quest to Bring Calm to My Life. Priscilla Warner has had a great life: a supportive husband, a flourishing marriage, two loving sons, and a bestselling book,

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The Faith Club. Despite all her good fortune and success, she suffers from anxiety and panic attacks so debilitating that they leave her unable to breathe.

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Learning to Breathe: My Yearlong Quest to Bring Calm to My Life by Priscilla Warner Her sons were grown and doing well, her marriage was solid, and she had recently completed a lengthy book tour for the bestseller THE FAITH CLUB, which she had co-authored. In many ways, life was very good for Priscilla Warner.

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## **Learning to Breathe: My Yearlong Quest to Bring Calm to My ...**

Priscilla Warner is the New York Times best-selling author of Learning to Breathe – A Yearlong Quest to Bring Calm to My Life,

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and co-author of The Faith Club – A Muslim, A Christian, A Jew – Three Women Search for Understanding

## **Priscilla Warner | Author**

“Learning to Breathe offers a time-tested, research-based solution to assist young people in cultivating positive qualities, such as mindful awareness and compassion for oneself and others. [The book will] inspire young people to use these qualities in the service of the greater good in the twenty-first century.

## **Learning to BREATHE | A Mindfulness Curriculum for Adolescents**

Learning to Breathe is quite a read on one woman’s incredible journey from a near life ending experience. It is a great timeline of amazing determination on the will to survive.

## **Amazon.com: Learning to Breathe: One Woman's Journey of ...**

Praise For Learning to Breathe: My Yearlong Quest to Bring Calm to My Life ... “I have always considered Priscilla a dear friend. But after reading her book, I realize she is also a great teacher. When I finished reading Priscilla’s book, a smile washed over my face and I let out a sigh.

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Learning to breathe : my yearlong quest to bring calm to my life. [Priscilla Warner] -- "A funny memoir of Faith Club coauthor's serious attempt to change her brain from panic to peace in a year-long spiritual quest"--

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