

“Whether we are facing the distressful outcomes of trauma or simply seeking relief from the stresses of everyday life, the life-changing steps in this book and audio program provide the essential skills we need to bring health into our lives.”

—**Daniel J. Siegel, MD**, Clinical Professor, UCLA School of Medicine, author of *Mindsight*

the healing power of the breath

Simple Techniques to Reduce Stress and Anxiety,
Enhance Concentration, and Balance Your Emotions

Richard P. Brown, MD

Patricia L. Gerbarg, MD



Includes an instructional CD of ten breathing practices

Here's a drug-free, side-effect-free solution to common stress and mood problems—developed by two physicians. Millions of Americans suffer from mood problems and stress-related issues including anxiety, depression, insomnia, and trauma-induced emotions and behaviors; and most would prefer not to take medication for their conditions due to troublesome side effects, withdrawal symptoms, and disappointing success rates.

Drs. Richard P. Brown and Patricia L. Gerbarg provide a drug-free alternative that works through a range of simple breathing techniques drawn from yoga, Buddhist meditation, the Chinese practice of qigong, Orthodox Christian monks, and other sources. These methods have been scientifically shown to be effective in alleviating specific stress and mood challenges such as anxiety, insomnia, post-traumatic stress disorder, and many others. The authors explain how breathing practices activate communication pathways between the mind and the body, positively impacting the brain and calming the stress response. The enclosed audio program guides readers through the techniques and helps make these breathing practices an ongoing part of daily life.

This book and CD set includes breathing techniques to relieve
 anxiety and depression • trauma-related emotions and behaviors
 • post-traumatic stress disorder • insomnia • addiction-related behaviors

It also offers breathing techniques to enhance concentration, peak performance, and personal relationships.

RICHARD P. BROWN, MD, Associate Clinical Professor of Psychiatry at Columbia University, is an expert in the use of complementary and integrative treatments for mental health conditions including depression, anxiety, ADD, and PTSD. His Breath-Body-Mind workshop combines breath and movement practices derived from yoga, qigong, Coherent Breathing, and Open-Focus meditation. These workshops also help victims recover from mass disasters.

A graduate of Harvard Medical School, **PATRICIA L. GERBARG, MD**, is Assistant Clinical Professor of Psychiatry at New York Medical College, maintains a private practice, and facilitates research on mind-body treatments for anxiety, PTSD, and stress-related medical conditions. She has lectured on integrative treatments in psychiatry at the American Psychiatric Association and other professional conferences

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