

# **Free Your Breath, Free Your Life: How Conscious Breathing Can Relieve Stress, Increase Vitality, And Help You Live More Fully By Dennis Lewis**

**By Dennis Lewis**

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**Bibliography - Power of Breath Institute -**

\*Lewis, Dennis (2004), Free Your Breath, Free Your Life: How Conscious Breathing Can Relieve Stress, Increase Vitality, and Help You Live More Fully.

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