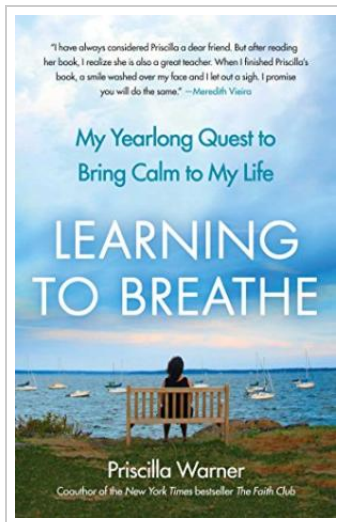




Learning to Breathe: My Yearlong Quest to Bring Calm to My Life

By Priscilla Warner

Atria Books. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 8.3in. x 5.5in. x 0.8in. Priscilla Warner has had a great life: a supportive husband, a flourishing marriage, two loving sons, and a bestselling book, *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. She's tried self-medicating in high school, with a hidden flask of vodka and later, with prescription medications daily doses of Klonopin with a dark chocolate chaser. After forty years of hyperventilating, and an overwhelming panic attack that's the ultimate wake-up call, Warner's mantra becomes *Neurotic, Heal Thyself*. A spirited New Yorker, she sets out to find her inner Tibetan monk by meditating every day, aiming to rewire her brain and her body and mend her frayed nerves. On this winding path from panic to peace, with its hairpin emotional curves and breathtaking drops, she also delves into a wide range of spiritual and alternative health practices, some serious, and some . . . not so much. 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...



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Reviews

Very useful to any or all group of men and women. It is written in basic words instead of difficult to understand. I realized this ebook from my i and dad recommended this publication to understand.

-- **Althea Fahey MD**

It becomes an amazing ebook that we have possibly read through. It is really simplified but surprises within the 50 % from the ebook. You can expect to like how the blogger compose this book.

-- **Ms. Shaina Legros III**