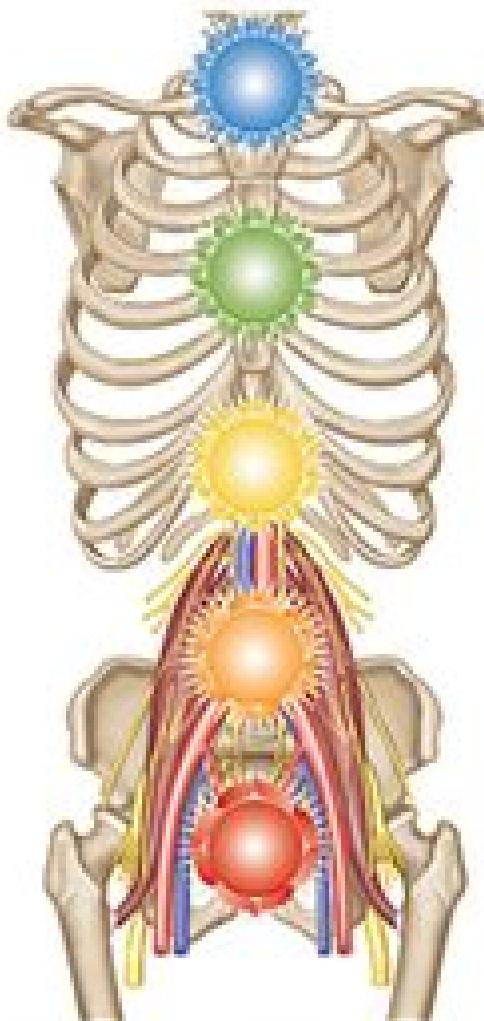


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The Vital **Psoas** Muscle

Connecting
Physical, Emotional,
and Spiritual
Well-Being

Jo Ann Staugaard-Jones

*Author of *The Anatomy of Conscious Movement for the Study of Dance, Pilates, Sports, and Yoga**

The Vital Psoas Muscle

Rebecca Dennis

The Vital Psoas Muscle:

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and our breathing patterns become restricted The impact on our mental and physical well being is huge Breath coach Rebecca Dennis shares the deep diaphragmatic breathing exercises that she uses with her clients to combat issues such as anxiety depression and low self esteem techniques that helped her heal from her own depression With simple exercises that can be done anywhere anytime And Breathe shows you how to harness the power of your own breath through conscious breathing which helps alleviate stress fatigue and negative emotions The result You ll feel calm yet energized focused yet relaxed Full of tips and real life testimonials the heart of And Breathe is the exercises which show you how to Conquer anxious thought patterns Relax and calm your mind Improve sleep Quell pre meeting butterflies or email overload Increase physical energy Expand your creativity By learning how to consciously connect to your breathe and encourage its natural rhythms you can let go of any unwanted patterns of emotions blockages and tension holding you back Just open the book and breathe

The Illinois Medical Journal, 1906 *Practical Manual of Diseases of Women and Uterine Therapeutics* Henry Macnaughton Jones, 1884

Practical manual of diseases of women and uterine therapeutics for students and practitioners Henry Macnaughton Jones, 1905 **The American Year-book of Medicine and Surgery**, 1898

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, 1912 **The Diseases and Disorders of the Ox** George Gresswell, 1889 **The Force of the Mind** Alfred Taylor Schofield, 1902 *Medical Brief*, 1906 **The Medical Brief**, 1906

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