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Learning To Breathe My Yearlong

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 ...

Such is the question, and the journey of Priscilla Warner's "Learning to Breathe: My Year-Long Quest to Bring Calm to My Life." Part biography, part self-help educational tool, "Learning to Breathe" examines any and all efforts by the author to take back her life after years of suffering from anxiety and trauma.

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Learning to Breathe (Hardcover) My Yearlong Quest to Bring Calm to My Life. By Priscilla Warner. Atria Books, 9781439181072, 288pp. Publication Date: September 20, 2011. Other Editions of This Title: Paperback (5/1/2012)

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Priscilla Warner. Free Press, \$23 (240p) ISBN 978-1-4391-8107-2.
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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.

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

Learning to Breathe: My quest to bring calm to my life. , by Priscilla Warner

Learning to Breathe | Psychology Today

Learning to breathe : my yearlong quest to bring calm to my life. [Priscilla Warner] -- "A funny memoir of Faith Club coauthor's

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serious attempt to change her brain from panic to peace in a year-long spiritual quest."--

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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...

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Priscilla Warner is a NYT Bestselling author of Learning to Breathe - My Yearlong Quest to Bring Calm to My Life and co-author of The Faith Club. Visit her website to follow her breathtaking progress meditating her way from panic to peace.
April 7, 2014 How I Trained for My Super Bowl

Priscilla Warner | HuffPost

I'm so grateful to have found them.” —Priscilla Warner, author of Learning to Breathe: My Yearlong Quest to Bring Calm to My Life. “Reading Lori Deschene's wonderful new book, Tiny Buddha's Guide to Loving Yourself, is like listening to a good friend who reminds you of who you are when you need to hear it the most.

Tiny Buddha's Guide to Loving Yourself

NYT bestselling Author of Learning to Breathe - My Yearlong Quest to Bring Calm to My Life and co-author The Faith Club.

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