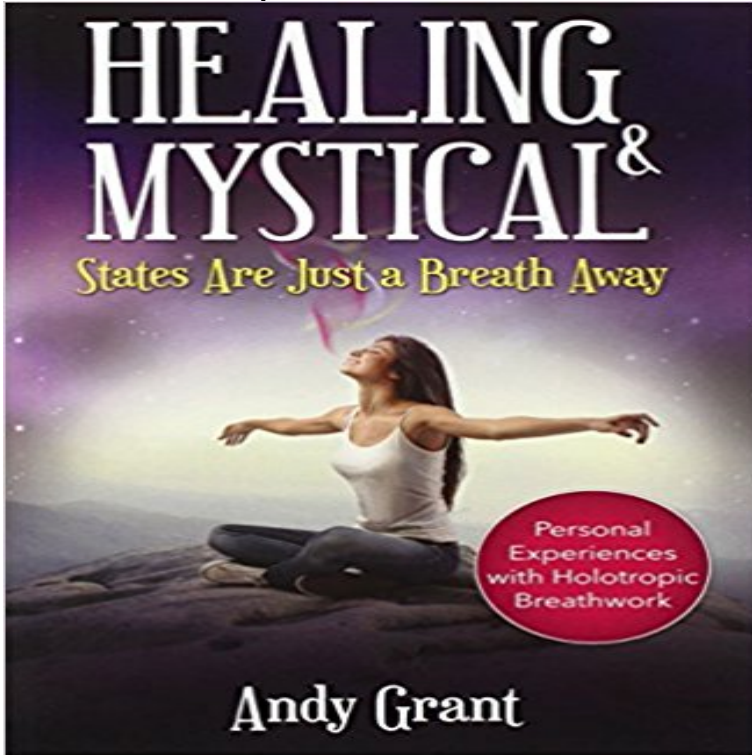


Healing & Mystical States Are Just a Breath Away: Personal Experiences with Holotropic Breathwork



It's a real experience - just reading it's a very enlightening book. The author's experiences are described in significant detail and in a way that you are taken on the journey of personal growth and transformation with him. Impressive and Unique. Healing & Mystical States Are Just a Breath Away shares seven first-hand reports of the powerful personal growth and transformation tool, Holotropic Breathwork. Holotropic Breathwork is an amazing modality for healing and insight in which breathers reach non-ordinary states of consciousness via accelerated deep breathing, evocative music and a safe group setting. The author digs into his personal journals to encourage others to learn more about this simple yet extremely effective tool.

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none Editorial Reviews. About the Author. Andy Grant is a husband, writer, actor, speaker, Healing & Mystical States Are Just a Breath Away: Personal Experiences with Holotropic Breathwork is an amazing modality for healing and insight in : Andy Grant: Books, Biography, Blog, Audiobooks, Kindle 7 Results Healing & Mystical States Are Just a Breath Away: Personal Experiences with Holotropic Breathwork. \$0.99. Kindle Edition. Still Here: How to Succeed A Critique of Stanislav Grof and Holotropic Breathwork - Morten Tolboll

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