



Three Deep Breaths: Finding Power and Purpose in a Stressed-Out World

By Thomas F. Crum

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""Three Deep Breaths uses the popular parable format to illustrate an effective antidote to anger, stress, and overwhelming busyness. Through the story of a harried worker struggling to balance work, life, and family pressures, readers learn three different ways to use breathing to live in the present, think positive thoughts, and release negativity and judgment. By actively practicing the prescribed breathing exercises, readers maintain clarity and purpose even when confronted with the most chaotic and stressful environments. Straightforward and easy to learn, these simple centering techniques can be done in as little time as it takes to walk to the next meeting.

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Editorial Review

About the Author

MARK VICTOR HANSEN is a professional speaker who has taught success strategies to millions of people. He has appeared on CNN, Eye to Eye and Oprah, and has been featured in national magazines and newspapers including Entrepreneur, Success, Time and U.S. News & World Report. He has authored Future Diary, How to Achieve Total Prosperity and The Miracle of Tithing and coauthored the bestselling Chicken Soup for the Soul series.

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