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Carola Speads shows us how the quality of our breathing determines the quality of our lives. Her program of gentle exercises take only a few minutes each day.

Bonnie freer (photographer of breathing) -

Bonnie Freer is the author of Breathing (4.00 avg rating, 1 rating, 1 review, Ways to Better Breathing by Carola H. Speads, Bonnie Freer (Photographer)

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