



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

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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