



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

*Thomas Crum*

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These days all of us lead hectic, stressful lives. And most of us react to difficult circumstances by struggling against them, which only creates more tension. Three Deep Breaths provides a welcome alternative--a simple technique that you can use, no matter how busy you are, to transform tough situations into positive, energizing experiences. It is a mind/body technique that combines the "cognitive-restructuring" capability of the brain (the ability to change our attitudes and perceptions of the world) with the calmness and presence of an aligned, centered state of being.

Thomas Crum illustrates this radically simple technique through the story of Angus, who is struggling to break through the negative habits that lead to anger, exhaustion, and poor performance. We follow Angus as he learns to use the Three Deep Breaths to maintain clarity and purpose in the midst of seeming chaos, to redirect negative energy to more positive purposes. By working with our breath, by being aware of it and using it as a focusing tool, we can open up a whole new world of possibility.

The quality of our lives depends not on whether or not we have conflicts but on how we respond to them. All it takes to change your life is Three Deep Breaths--which you can do in an instant, anywhere, at any time.



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