

## Breath as the soul's voice



Veronika Langguth  
**Healthy by Breathing**  
[Atmen Sie sich gesund]  
Activating wholesome breath  
through finger pressure points

Irisiana  
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40 b/w illustrations  
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**Veronika Langguth** is a breathing therapist and naturopath. Her focus lies on communication, body language as well as self, stress, and conflict management. After having trained as a naturopath and breathing therapist, she founded and led the Ilse Middendorf Institute for breathing therapy, breathing courses, and holistic healing. She developed a therapy of body-aware communication and founded the centre for body-aware communication and personal development.

The famous breath therapist Ilse Middendorf made breath conceivable – this book explains what that means: pressure points at the fingertips, in the face, and at the feet are activated thus invigorating the breathing motion in certain body parts and creating a deeper understanding of breathing.

In this book, author Veronika Langguth presents simple exercises for everyone that provide surprisingly fast and inconspicuous self-aid for everyday life, aside from creating awareness for breathing. Thus the breathing muscles relax, fears and panic attacks are alleviated, sleeping disorders healed, concentration is improved, and much more. And since the pressure points can unsuspectingly be activated whenever and wherever needed, whether in school, in the bus or during a conference, these improvements can easily be integrated into everyday life.

- Experiencing a new feeling for your body and deepening your breath with pressure points at your hands, feet, and face
- Illuminating illustrations for the pressure points combined with easy-to-understand descriptions of breathing techniques
- Fast and simple aid in everyday life against stress, inner unrest, tension, and much more