

Breathing Space Institute

Jeff Davidson

Breathing Space Jeff Davidson,Jeffrey P. Davidson,1991 Breathing Space is a ground-breaking book that will show readers how to avoid racing the clock and gain control over each day. It offers proven steps for handling information and activity overload and balancing one's professional and personal life.

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Breathing Spaces Nancy N. Chen,2003 The charismatic form of healing called qigong, which at its core involves meditative breathing exercises, achieved enormous popularity in China during the last two decades. Anthropologist Nancy N. Chen examines the cultural context of medicine and healing practices in the PRC, Taiwan, and the United States, and the pages of her book come alive with the narratives of the numerous practitioners, healers, psychiatric patients, doctors, and bureaucrats she interviewed.

Breathing Space Katrina Repka,2009-01-01 This is the story of a year I spent in New York, studying with Yoga Master Alan Finger. When Katrina Repka moved to New York, she was eager to shed her past and begin a new life, but she soon discovered that her old problems had followed her to the big city, and that instead of finding herself, she was more lost than ever. It was when she was almost ready to give up on everything that she read a magazine article on Master Yogi Alan Finger and knew that she had to meet him. It was a meeting that would change her life. Over the next twelve months, with Alan's help, Katrina tackled and overcame many of the obstacles holding her back. Dealing with issues that every woman will relate to--criticism, emptiness, balance, family, and creativity (among others)--the twelve chapters in Breathing Space follow Katrina's ups and downs in New York. At the end of each chapter there is a simple but effective breathing exercise that will help readers eliminate harmful behavior patterns and speed their own process of personal transformation. Breathing Space is an inspiring and instructive book that offers every woman the chance to follow the author's path and become the person she truly wants and deserves to be.

Simpler Living Jeff Davidson,2014-07-08 Life moves too quickly these days, as technology, work, and personal commitments make it almost impossible to relax and enjoy life. Finding yourself stressed over the clutter in your kitchen or the mass of paper in front of your computer? Relax. This book will help. Filled with tips on how to uncomplicate your daily routine, eliminate stress at home and work, and more, this book will help you free up your time so you can once again enjoy doing the things you love. Author Jeff Davidson has compiled more than 1,500 ways that you can simplify your life. Divided into sections for easy reference, this book will show you ways you can eliminate stress in your home, your personal life, and in your professional life. You will learn the six questions you should ask yourself before buying something new, the most efficient way to clean your pots and pans, the pay-ahead technique to get yourself out of debt, ways to make your commute more comfortable, and advice on hassle-free vacation planning for you and your family. This book is the guide you've been looking for to lead the peaceful, productive life you've always wanted.

Buying for Less Jeff Davidson,2010

8 Ways to Become Indispensable Jeff Davidson, Learn to become an invaluable member of your work team

Breathing Space Gregg Mitman,2008-10-01 Allergy is the sixth leading cause of chronic illness in the United States. More than fifty million Americans suffer from allergies, and they spend an estimated \$18 billion coping with them. Yet despite advances in biomedicine and enormous investment in research over the past fifty years, the burden of allergic disease continues to grow. Why have we failed to reverse this trend? Breathing Space offers an intimate portrait of how allergic disease has shaped American culture, landscape, and life. Drawing on environmental, medical, and cultural history and the life stories of people, plants, and insects, Mitman traces how America's changing environment from the late 1800s to the present day has led to the epidemic growth of allergic disease. We have seen a never-ending stream of solutions to combat allergies, from hay fever resorts, herbicides, and air-conditioned homes to numerous potions and pills. But, as Mitman shows, despite the quest for a magic bullet, none of the attempted solutions has succeeded. Until we address how our changing environment—physical, biological, social, and economic—has helped to create America's allergic landscape, that hoped-for success will continue to elude us.

5 Ways to Overcome Resistance to Change Jeff Davidson,2009 How to embrace change instead of fight it

Breathing Space Mark Everard,2015

Up Your Creativity and Innovativeness Jeff Davidson, 60 tips on becoming more creative on the job to solve problems

Managing Multiple Priorities Jeff Davidson,2009 Learn to be more proficient and handling priority issues

10 Ways to Create More Time and Space in Your Life Jeff Davidson,2008 Learn to create more space and time for yourself, while dealing with the clutter of life

Undrowned Alexis Pauline Gumbs,2020-11-17 Undrowned is a book-length meditation for social movements and our whole species based on the subversive and transformative guidance of marine mammals. Our aquatic cousins are queer, fierce, protective of each other, complex, shaped by conflict, and struggling to survive the extractive and militarized conditions our species has imposed on the ocean. Gumbs employs a brilliant mix of poetic sensibility and naturalist observation to show what they might teach us, producing not a specific agenda but an unfolding space for wondering and questioning. From the relationship between the endangered North Atlantic Right Whale and Gumbs's Shinnecock and enslaved ancestors to the ways echolocation changes our understandings of "vision" and visionary action, this is a masterful use of metaphor and natural models in the service of social justice.

16 Ways to Discover Your Motives and Topics Jeff Davidson,2008 Learn to discover new and innovative topics and motives

27 Ways to Keep Stress in Check Jeff Davidson,2009 How to cope with stressful environments and reduce stressors

Managing Your Time Jeffrey Davidson,2000 Don't be a slave to demands on your time! Learn how to organize your life, priorities, and goals -- and make your time count. A proven reference series, the 10 Minute Guide to Managing Your Time offers quick and easy lessons for everything from prioritizing decisions to managing stress -- each mini-lesson digestible in 10 minutes or less!-- Learn how to think your way through your day-- See how to avoid time traps like multitasking and interruptions-- Compare organization techniques like calendars, software, and organizers -- and see what works best for you-- Understand stress and how to take a break from your day to be more productive

Yearbook of Experts, Authorities and Spoke Mitchell P. Davis,2006-02 The purpose of the Yearbook of Experts is to provide bona fide interview sources to working members of the news media--Page 2

Marketing for the Home-based Business Jeffrey P. Davidson,1999 This book features an expanded section on using new technologies to increase the reach of marketing efforts, offers sample telephone and voice mail scripts, and includes advice on setting up a home office for maximum efficiency.

Joy of Simple Living Jeff Davidson,2009 60 tips on what you can do today to live a simpler life

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