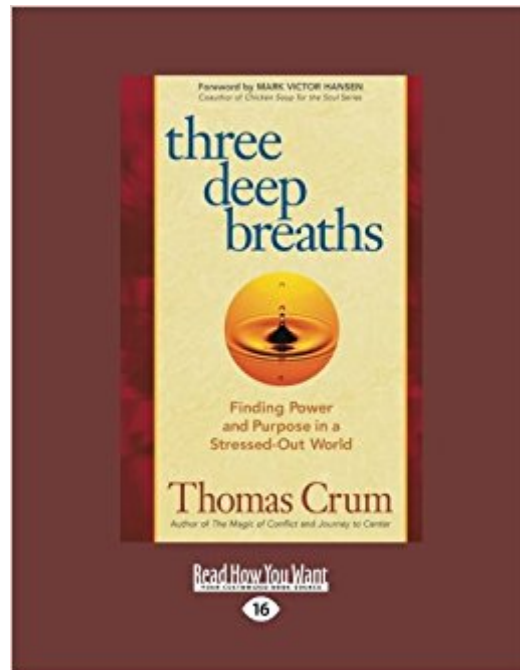




The book was found

Three Deep Breaths



Synopsis

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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Customer Reviews

Thomas Crum is an internationally known author, seminar leader and martial artist. He leads workshops and trainings for organizations and major corporations throughout the world, including former hot spots such as the Soviet Union, Northern Ireland, and South Africa. He had the fortune of co-leading a session in Indonesia with the Dalai Lama. Tom is the author of Journey to Center and

The Magic of Conflict (both published by Simon and Schuster), as well as many audio and video products dealing with conflict, stress management and peak performance. He is a unique experiential keynote presenter, with engagements at many international conferences and associations including the American Society for Training and Development (ASTD), the American Management Association, Franklin Covey, the Ken Blanchard Company, Systems Thinking in Action, National Speakers Bureau, and the Global Institute for Leadership Development. Tom is founder and president of Aiki Works, Inc. (also d.b.a. Thomas Crum Associates) through which he offers a wide variety of programs to support individuals and organizations from keynote addresses to multi-day trainings. His Magic of Conflict program, designed to help turn conflict into successful relationships, has supported thousands of employees at all levels of management in corporations, government, and non-profit organizations. His most recent contribution to the workplace is his Three Deep Breaths workshop, which focuses on turning stress into vitality, pressure into power, and busy-ness into Being. Toms work is not only applicable to the workplace, but also to every aspect of our lives such as relationships, family, and athletic performance. The Journey to Center workshop is a five-day intensive training held each fall in Colorado. It aims to help individuals and teams to deeply integrate the work into every aspect of their lives, especially relationships. And for those among us who like to ski or play golf, Tom hosts residential programs i

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