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Speedy Publishing Books, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English. Brand New Book ***** Print on Demand *****. Healing Mystical States Are Just a Breath Away: Personal Experiences with Holotropic Breathwork shares seven first-hand reports of the powerful personal growth and transformation tool, Holotropic Breathwork. Holotropic Breathwork is an amazing modality for healing and insight in which breathers reach non-ordinary states of consciousness via accelerated deep breathing, evocative music and a safe group setting....

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