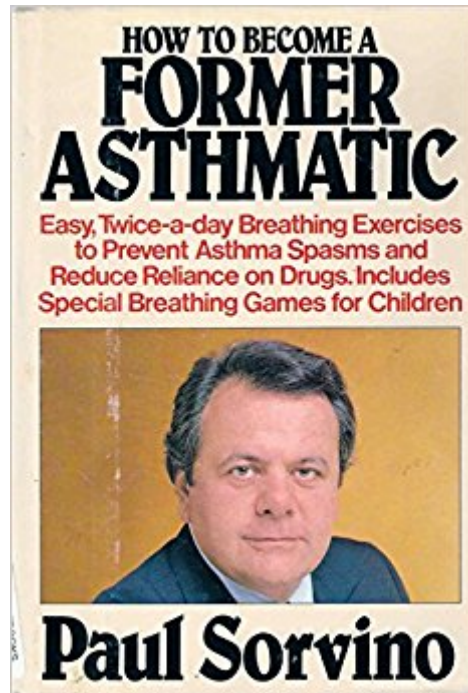




The book was found

How To Become A Former Asthmatic



Synopsis

Book by Sorvino, Paul

Book Information

Hardcover: 96 pages

Publisher: William Morrow & Co; First Edition edition (November 1987)

Language: English

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Best Sellers Rank: #774,161 in Books (See Top 100 in Books) #16 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Asthma #93 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases #104 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory

Customer Reviews

Book by Sorvino, Paul

My husband was a severe asthmatic. He had been hospitalized several times and nearly died. He was only 25 years old! After the asthma attacks, he would be so weak and debilitated he could barely walk. He was unable to work for months. Our lives revolved around his ability to breathe without wheezing. After hearing Mr. Sorvino on a talk show, I got this book for my husband. After learning the breathing exercises, my husband has not had an asthma attack in three years! Even today, he still uses these exercises. This book totally changed our lives. My thanks to Mr. Sorvino for sharing his story with us.

Over the years I have sent this book to many family and friends who are struggling with asthma. The exercises Sorvino teaches are not substitutes for medication, but if you do them religiously, you will see an improvement in your asthma. The good news is, sometimes for some people, medication will become a rare necessity.

Thank you very much Mr. Sorvino for sharing techniques for restoring breath! Clear, succinct, and

effective.

Extremely useful and easy-to-apply yoga breathing instructions

Mr. Sorvino describes activities to improve the strength of the diaphragm. He says it works and I am trying it.

Great book! Thank you Paul!

Great book.

I have a friend who is asthmatic and I bought this for her, she loved it! A really wonderful gift.

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