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A Deep Breath of Life is a spiritual guidebook that offers pause for thought for every season of your soul. Alan Cohen s unique spiritual perspective offers you a moment of pure contemplation for every day of the year, whether you re seeking to find a moment of peace before you begin the day or recharge at the end of it.

A Deep Breath Of Life: 365 Daily Inspirations For Heart ...

A Deep Breath of Life was created to explore the evolution of realizing that life is deeper than what we allow and sometimes to step out of your daily normality is always a brilliant thing! I am starting this blog to help myself, but also to hopefully help others. We have been going through a very difficult time in 2020.

A Deep Breath of Life—A Self Adventure

"Take a deep breath of life, and consider how it should be lived." This quote from Man of La Mancha sets the tone for this book, which offers daily inspiration for heart-centered living. Alan Cohen has touched the hearts and lives of thousands of people seeking more authenticity and creative self-expression in their lives.

A Deep Breath of Life by Alan Cohen—Goodreads

A Deep Breath of Life is a spiritual guidebook that offers pause for thought for every season of your soul. Alan Cohen's unique spiritual perspective offers you a moment of pure contemplation for every day of the year, whether you're seeking to find a moment of peace before you begin the day or recharge at the end of it. Each meditation will take you only a few minutes to read, but has wisdom ...

A Deep Breath Of Life

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Craniosacral therapy is based on the belief that functions of the human system are maintained and integrated by a biodynamic force known as 'primary respiration, ' or the breath of life. Found in the brain, spinal cord, and bodily fluids, this rhythmic pulse promotes healing and health.

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