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September 22nd 2011: Breathe and Grow Rich - Self Care to Enrich Your Whole Life

Breathing is something we take for granted. As an average adult we breathe approximately 21,600 times every day without giving a single thought to the process. And yet it is breathing that keeps us alive. When we stop breathing, we die. The quality of our breathing affects everything in our body because every cell is sustained by oxygen. Dr. Tom Goode is an expert on breathing and has written a book: Breathe and Grow Rich: Self Care to Enrich Your Whole Life. He will discuss the importance of breathing properly and demonstrate how you can get the most life-giving oxygen out of every breath y

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