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Most of us breathe inefficiently. Life is often lived in the fast lane, and especially when we are stressed, we tend to use only the upper part of our lungs.

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In Breatheology, Stig Avall Severinsen brings together medical science and ancient wisdom in a comprehensive study of the intricate art of breath control.

By stig avall severinsen, mark colberg goldsmith,

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Stig vall Severinsen (born 1973, Aalborg, Denmark) is a four-time world champion freediver and holder of multiple Guinness World Records. He wrote Tr k Vejret

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