

Jessica Braun

Breathing:

how the simplest thing in the world affects our lives

An important book about the essence of life

About the Book

Every newborn takes a breath in their first minute. From then on, lungs usually work on their own. But chronic lung disease, asthma or sleep apnea have now become widespread. Even healthy people gasp, wheeze, sniff and snort for air.

Writer Jessica Braun, who has some breathing issues herself, sets off to find out how to breathe properly. She accompanies a panting woman giving birth, visits a sleep laboratory, undergoes a breath diagnosis, meditates with an Indian guru, does freediving and watches a dominatrix cut off her client's oxygen supply. Her research leads her to meet scientists and actors, biathletes and yoga teachers.

This book shows how our breath connects our bodies and souls. And how everyone can change their lives through learning to breathe better.

- Over 10,000 copies sold!
- *Spiegel* bestseller
- Sample translation available

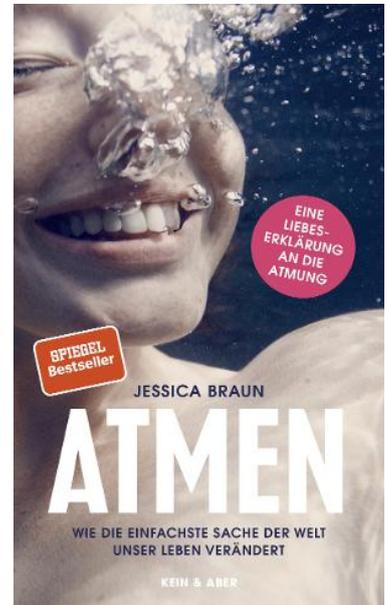
“Something that we usually perceive as incidental is turned into something extraordinary here. This informative book brings us nearer to ourselves.” Die Zeit

“As well as exploring research, Braun talks about her own breathing experiences. This brings her knowledgeable, well-written book to life and gives it a holistic feel.” NZZ am Sonntag

“Even while reading this book, your own breathing evens out as you become conscious of it.” SPIEGEL Online



JESSICA BRAUN, born in 1975, is a journalist and successful Berlin-based writer. Her texts have been published in *Die Zeit*, *brand eins*, *Süddeutsche Zeitung* and *Der Feinschmecker*. Her most recent publication was *Your Home is My Castle. Travelling the World through Home Exchange* (in German).



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