



The Oxygen Advantage: The Simple, Scientifically Proven Breathing Technique That Will Revolutionise Your Health and Fitness

By Patrick McKeown

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, The Oxygen Advantage: The Simple, Scientifically Proven Breathing Technique That Will Revolutionise Your Health and Fitness, Patrick McKeown, The secret to your health, fitness and overall wellbeing lies in the most basic and overlooked aspect of your workout: how you breathe. Developing body strength while ignoring breathing strength is counterproductive. In The Oxygen Advantage, Patrick McKeown combines his successful breathing exercises with techniques designed to simulate high-altitude training in a highly successful programme that will significantly improve anyone's health but will also empower athletes to improve their sports performance. These scientifically validated exercises have the potential to drastically improve your overall fitness, whether you are a habitual couch potato or an Ironman triathlon champion. These easy-to-use techniques can help to reduce your breathlessness, improve your sleep as well as reduce anxiety and stress. Drawing on his own experiences as an ex-asthmatic and the work he has done to help athletes and asthma sufferers alike to achieve greater fitness, Patrick shows you the key to a healthier, fitter you.



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