**Breath: The new science of a lost art**

This book is all about the history, science and culture of breathing, and the impact this has on our health. There is nothing more essential to our health and wellbeing than breathing. Every breath has an impact on our anxiety levels, blood pressure, heart rate etc.

James Nestor volunteered for experiments to investigate the impact of different breathing techniques. This book shows his findings and goes through how nowadays, mouth breathing is more common than nose breathing.