

# The 4-7-8 breathing method

There are many kinds of deep breathing techniques, but this method is a simple way to get started. Before you begin, pick a quiet and comfortable place to sit and eliminate distractions like cell phones or other electronic devices.



## 4

Breathe in through your nose for four seconds and fill your lungs completely.

## 7

Hold the breath for seven seconds.

## 8

Let the air out (forcefully, so you can hear it) for eight seconds through your mouth.

## Repeat 4 times.

The 4-7-8 method helps to quiet your natural response to stress, so it can be a great addition to your daily routine. Try it first thing in the morning. Or at bedtime. Or during your busy workday. Whatever time you choose, do your best to be consistent.

# The Breathing Method

**LL Leslie**

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red circular glow behind it.

## **The Breathing Method:**

## Unveiling the Power of Verbal Beauty: An Psychological Sojourn through **The Breathing Method**

In a global inundated with screens and the cacophony of instant connection, the profound power and emotional resonance of verbal artistry usually disappear into obscurity, eclipsed by the constant assault of noise and distractions. Yet, nestled within the lyrical pages of **The Breathing Method**, a interesting perform of fictional elegance that impulses with natural feelings, lies an unforgettable trip waiting to be embarked upon. Composed by way of a virtuoso wordsmith, that interesting opus books viewers on a psychological odyssey, delicately exposing the latent possible and profound influence embedded within the elaborate internet of language. Within the heart-wrenching expanse of the evocative evaluation, we will embark upon an introspective exploration of the book is central subjects, dissect its interesting writing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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