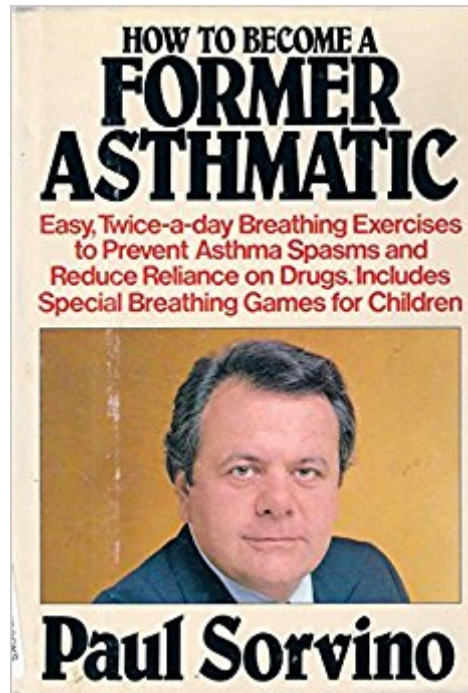




The book was found

How To Become A Former Asthmatic



Synopsis

Book by Sorvino, Paul

Book Information

Hardcover: 96 pages

Publisher: William Morrow & Co; First Edition edition (November 1987)

Language: English

ISBN-10: 0688012205

ISBN-13: 978-0688012205

Package Dimensions: 8.3 x 5.7 x 0.6 inches

Shipping Weight: 9.6 ounces

Average Customer Review: 4.8 out of 5 stars 16 customer reviews

Best Sellers Rank: #774,161 in Books (See Top 100 in Books) #16 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Asthma](#) #93 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases](#) #104 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory](#)

Customer Reviews

Book by Sorvino, Paul

My husband was a severe asthmatic. He had been hospitalized several times and nearly died. He was only 25 years old! After the asthma attacks, he would be so weak and debilitated he could barely walk. He was unable to work for months. Our lives revolved around his ability to breathe without wheezing. After hearing Mr. Sorvino on a talk show, I got this book for my husband. After learning the breathing exercises, my husband has not had an asthma attack in three years! Even today, he still uses these exercises. This book totally changed our lives. My thanks to Mr. Sorvino for sharing his story with us.

Over the years I have sent this book to many family and friends who are struggling with asthma. The exercises Sorvino teaches are not substitutes for medication, but if you do them religiously, you will see an improvement in your asthma. The good news is, sometimes for some people, medication will become a rare necessity.

Thank you very much Mr. Sorvino for sharing techniques for restoring breath! Clear, succinct, and

effective.

Extremely useful and easy-to-apply yoga breathing instructions

Mr. Sorvino describes activities to improve the strength of the diaphragm. He says it works and I am trying it.

Great book! Thank you Paul!

Great book.

I have a friend who is asthmatic and I bought this for her, she loved it! A really wonderful gift.

[Download to continue reading...](#)

How to Become a Former Asthmatic How to Become Former Asthmatic Catching My Breath: An Asthmatic Explores His Illness The Awkward Thoughts of W. Kamau Bell: Tales of a 6' 4", African American, Heterosexual, Cisgender, Left-Leaning, Asthmatic, Black and Proud Blerd, Mama's Boy, Dad, and Stand-Up Comedian Real Estate Investing: 3 Manuscripts: How to Become Successful on a Property Market; How to Flip Houses for Passive Income; How to Become a Successful Real Estate Agent Memoirs of an Addicted Brain: A Neuroscientist Examines his Former Life on Drugs The Gambling Addiction Recovery Workbook: Written by a Former Gambler The Gambling Addiction Recovery Workbook: Written by a Former Gambler (Gambling Addiction Cure, Compulsive Gambling, Problem Gambling, Gambling Stories) Teenage Waistland: A Former Fat-Camper Weighs in on Living Large, Losing Weight, And How Parents Can (And Can't) Help Spy Secrets That Can Save Your Life: A Former CIA Officer Reveals Safety and Survival Techniques to Keep You and Your Family Protected Teenage Waistland: A Former Fat Kid Weighs In on Living Large, Losing Weight, and How Parents Can (and Can't) Help Why I Left the Contemporary Christian Music Movement: Confessions of a Former Worship Leader College Rodeo: From Show to Sport (Centennial Series of the Association of Former Students, Texas A&M University) Confessions of a Former Bully Down the Rabbit Hole: Curious Adventures and Cautionary Tales of a Former Playboy Bunny A Long Way from Tipperary: What a Former Monk Discovered in His Search for the Truth Design Your Life: Former IKEA Executive Shares Her Tools for Personal Success His Promised Land: The Autobiography of John P. Parker, Former Slave and Conductor on the Underground Railroad The Mission, the Men, and Me: Lessons from a Former Delta Force

Commander Street God: The Explosive True Story of a Former Drug Boss on the Run from the Hood--and the Courageous Mission That Drove Him Back

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)