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The Oxygen Plan (Paperback)

By Eric Lucas

Brick Tower Press, United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****. The Oxygen Plan was a life-changer simply because it put me in control of my choices, while giving me structure to define and categorize my issues. - Lorraine Lucciola, freelance writer Why Oxygen? Oxygen supports life. We don t think about the science of breathing, of simply inhaling and exhaling, because we do it naturally, every minute of every day. The explanation is so simple that we forget it s even happening. We re part of a process called photosynthesis, the reciprocal exchange between plant life and humans. We involuntarily emit carbon dioxide; plants take it in, and produce oxygen for us to breathe. The cycle continues to sustain life on earth. I get it. Try it now. Inhale. Exhale. There. You ve just put the very first step of The Oxygen Plan into motion. Oxygen and the Stress Connection: No One is Immune The Oxygen Plan focuses on the universal, common denominator that applies to everyone: STRESS. The Oxygen Plan offers viable behavioral tools and professional support for abundant happiness, fulfillment and maximized potential, by...

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