



## Do Breathe: Calm Your Mind. Find focus. Get stuff done. (Do Books)

By Michael Townsend Williams



**Do Breathe: Calm Your Mind. Find focus. Get stuff done. (Do Books)** By Michael Townsend Williams

When you get the right balance in life you can do amazing things: create, perform, lead a team, build a great company, raise a family. But so often the scales tip and we feel overwhelmed and stressed.

Michael Townsend Williams, an adman turned yoga teacher and mindfulness coach, is an advocate of ‘welldoing’ – leading a busy and productive life, but not at the expense of our health and wellbeing. And key to this? Our breath.

The crucial link between mind and body, our breath reflects what we’re dealing with at any given moment. It tells us when we’re out of our depth.

With simple breathing exercises and elements from yoga, meditation and mindfulness, Do Breathe will help you to:

Reduce stress and increase productivity

Improve focus and work flow

Cultivate new good habits and drop the bad

Build courage and resilience

Why not breathe yourself better?

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## **Editorial Review**

### **About the Author**

From a life of 'doing' in the world of advertising to a life of 'being' as a yoga and mindfulness teacher, Michael Townsend Williams now works on the integration of both. His business, Stillworks, coaches individuals, teams and organisations on Mindful Productivity and Mindfulness. He is also co-creator of the iPhone app Breathe Sync™, which brings your breathing into sync with your heart to reduce stress and improve focus. He believes the world needs to calm down and we would all get a lot more done if we did.

## **Users Review**

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