

"If you are one of the millions who suffer from asthma,  
you need this book! . . . [It] could even save your life."

—CHRISTIANE NORTHRUP, M.D.,  
author of *Women's Bodies, Women's Wisdom*

# ASTHMA FREE

## IN 21 DAYS

THE BREAKTHROUGH  
MIND BODY  
HEALING PROGRAM

KATHRYN SHAFER, PH.D., AND FRAN GREENFIELD, M.A.

Foreword by GERALD EPSTEIN, M.D.

# Asthma Free In 21 Days The Breakthrough Mind Body Healing Program

**Kathryn Shafer**



## **Asthma Free In 21 Days The Breakthrough Mind Body Healing Program:**

**Clinical Work with Substance-Abusing Clients, Second Edition** Shulamith Lala Ashenberg Straussner, 2004-08-31

This widely adopted text offers practical guidance for working with substance abusers and their families in a variety of clinical contexts. Expert contributors present major assessment and treatment approaches together with detailed recommendations for intervening with specific substances and meeting the needs of different populations. Throughout helpful case vignettes illustrate how to translate the ideas presented into practice and overcome common stumbling blocks.

Practitioners and students will find all the information needed to stay current in the field in this authoritative comprehensive and highly accessible work.

**Doing Something Different** Thorana S. Nelson, 2011-01-11 Interventions and Practices in Solution Focused Approaches provides readers with a plethora of ideas for practicing training and enjoying the solution focused approach in therapy consulting supervision and coaching.

*Clinical Work with Substance-Abusing Clients, Third Edition* Shulamith Lala Ashenberg Straussner, 2013-12-13 A leading professional resource and course text, this book provides practical guidance for treating clients with substance use disorders in a variety of contexts. Expert contributors present major assessment and treatment approaches together with detailed recommendations for intervening with particular substances. Clinical techniques are clearly explained and illustrated with helpful case examples. Important topics include harm reduction strategies for working with family members and ways to meet the needs of specific populations including women, adolescents, older adults, LGBT clients, and those with frequently encountered co-occurring problems. New to This Edition: Revised to reflect current research and clinical advances; updated for DSM-5. Chapters on trauma-informed care, cognitive behavioral therapy, and complementary/alternative approaches. Chapters on neurobiology and behavioral addictions. Significantly revised chapters on family treatment and dual disorders.

**Falling Awake** Kathryn Shafer, 2024-11-21 This pioneering guide is the first of its kind to integrate the FUN program with the brainbody therapies known as EMDR, Brainspotting, and Yoga Nidra. It provides clear guidance on how to safely use therapeutic tools and self-regulation exercises for clinicians and individuals impacted by trauma, addiction, anxiety, grief, family dysfunction, and stress. It offers a comprehensive toolbox of strategies and techniques to use during therapy sessions or on your own. The science behind each modality and approach is explained in detail, along with how they can be applied to maximize self-care and enhance the therapeutic relationship. Techniques include case conceptualization, the use of mental imagery, directing attention to sensations in the body, focused eye movements and positions, and many more. Dr. Shafer draws on her extensive internationally recognized and evidence-based research in this accessible and innovative book. Clinicians will be able to diversify their scope of practice and further aid their clients' healing through the integrative potential of The FUNTM Program, EMDR, Brainspotting, and Yoga Nidra.

**In-fertilità. Un approccio multidisciplinare** Michela Di Trani, Anna La Mesa, 2018-04-03 Il presente volume include scritti ispirati dal Convegno In fertilit  un approccio multidisciplinare tenutosi a Roma il 5 e il 6 maggio 2017 presso l'Aula

Magna della Facolt di Medicina e Psicologia dell Universit degli Studi di Roma La Sapienza Obiettivo del Convegno stato quello di promuovere il confronto interdisciplinare tra ginecologi medici di medicina generale ostetriche psicologi biologi e giuristi sui temi inerenti l infertilit la sterilit e le tecniche di Procreazione Medicalmente Assistita PMA All interno di una prospettiva bio psico sociale sono stati presentati diversi modelli di intervento multidisciplinare focalizzando l attenzione sulle connessioni tra teoria e prassi Nello specifico stato affrontato il tema del ruolo della psicologia nei percorsi di PMA nell ottica di promuovere un intervento olistico di supporto al paziente in questo complesso momento di vita ma anche di sostenere l efficacia del lavoro dell quipe terapeutica

**Asthma Free in 21 Days** Kathryn Shafer, 2011-12-13 Is it really possible to reverse the painful debilitating symptoms of asthma and to reduce your dependence on doctors and medication in just 21 days Conventional medicine offers no real solution to the seventeen million Americans suffering from this disease But in this remarkable book Kathryn Shafer Ph D and Fran Greenfield M A share their natural alternative the FUN program Focus Undo Now Act that can help you break the bonds of asthma forever in only minutes a day Kathryn Shafer s triumph over life long asthma is a testament to the power of mind body healing This approach allowed her to successfully run the entirety of the New York City Marathon without medication Her astounding victory became the seed for the FUN program Together Fran Greenfield and Kathryn Shafer reveal the intimate relationship between asthma and personal freedom in this self guided breakthrough method which many of their clients have used with miraculous results This masterful innovative and successful program for the treatment of asthma from the foreword by Gerald Epstein M D introduces Over forty exercises including visualizations for immediate symptom relief A blueprint that redefines your relationship with asthma Three twenty one day healing plans that can be tailored to your own needs A unique mind body perspective on exercise induced asthma nutrition and environment A fun guide developed especially for kids Along with a wealth of real life success stories these strategies can prevent panic clarify the meaning of symptoms increase energy levels and achieve a deeper healing than you ever thought possible Whether used as a complement to conventional medicine or as a medication reducing alternative this program empowers people of all ages to live more active fulfilling lives Subject Guide to Books in Print, 1971

*Asthma Free in 21 Days* Kathryn Shafer (Ph.D.), Shafer, 2000-01-01 A longtime asthma sufferer offers a mindbody technique for relieving asthma presenting a twentyone day plan that breaks the engrained emotional patterns aggravating the condition and that can be used with conventional therapies or as an alternative treatment **American Book Publishing Record**, 1999

*Weekly World News*, 1981-02-24 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub [www.weeklyworldnews.com](http://www.weeklyworldnews.com) is a leading entertainment news site **Weekly World News**, 1981-12-22 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub [www.weeklyworldnews.com](http://www.weeklyworldnews.com) is a leading entertainment news site Weekly

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**Conscious Medicine** Gill Edwards,2010-11-18 Radical changes are afoot in medicine as we build stronger bridges between science and spirituality In CONSCIOUS MEDICINE Gill Edwards explains that mind and body are inseparable and that emotions are crucial in health and disease Her new approach to healthcare is based on the latest research into the transformative power of consciousness energy and the bodymind She explains how when you break your old habits of thought you can not only reverse disease processes and heal injuries but also attract more positive events and circumstances into your life Chapters cover miracles in health and why our current medical model is limiting how negative thoughts activate the stress response in the body which eventually makes us ill how the body speaks to us symbolically through symptoms and illness how to break free from limiting patterns and create a new health full future Always thought provoking and inspiring this is an accessible practical and joyous book

**Asthma Free in 21 Days** Kathryn Shafer,Fran Greenfield,2001-10-01 Conventional medicine offers no real solution to the 17 million Americans suffering from asthma Now Shafer and Greenfield share their natural alternative the FUN program Focus Undo Now Act that can help you break the bonds of asthma forever in minutes a day They reveal the intimate relationship between asthma and personal freedom in this self guided method which many of their clients have used with miraculous results The FUN program includes strategies that can prevent panic clarify the meaning of symptoms increase energy levels and achieve a deeper healing than you ever thought possible so you can live a more active fulfilling life Includes real life success stories

**EastWest** ,1989 The Medical Journal of Australia ,1993

**Breathing Free** Teresa Hale,1999 Teresa Hale will show you a new way to breathe If you suffer from asthma or other severe respiratory diseases this book could save your life An astonishing number of Americans suffer from respiratory diseases and have been told that there is little they can do about them except mask the symptoms with drugs However these drugs often cause a very unhealthy dependency in their users and fail to really treat the condition Breathing Free reveals a five day program that has revolutionized the treatment of asthma and respiratory illness internationally Called the Breath Connection and taught at London s renowned Hale Clinic it is based on the discovery of Professor Konstantin Buteyko and on more than forty five years of practical and empirical research Thus far the Breath Connection has helped hundreds of thousands of sufferers alleviate the worst symptoms of asthma and other respiratory illnesses At the heart of this program is the concept that some 200 diseases including asthma emphysema and bronchitis are a result of dysfunctional breathing or overbreathing With black and white descriptive line drawings throughout the text Breathing Free teaches a simple natural technique that demonstrates to sufferers how they can retain their breathing patterns so as to prevent and overcome attacks restore healthy sleep and reduce medication by up to 60 percent The cornerstone of the program is The Pause Control a technique of holding the breath that restores the body s natural levels of

carbon dioxide oxygen and pH For those seeking improvement in their overall health it also offers major benefits regarding stress weight loss and the heart This genuinely groundbreaking book is set to revolutionize treatment for the millions of people who suffer from asthma and other respiratory illnesses and thought there was little or no hope in sight **Freedom from Asthma** Alexander Stalmatski, Brigid McConville, 1997 Imagine Sleeping through the night soundly and peacefully without waking up to use an inhaler Walking into a room filled with cigarette smoke cats or flowering plants and not having an asthma attack Exercising without gasping for breath Finally a real ray of hope for asthma sufferers At last there s the Breath Connection a groundbreaking asthma treatment that has a proven 100 percent success rate in alleviating symptoms in patients and an extraordinary 90 percent success rate in decreasing and even eliminating dependence on inhalers nebulizers and other drugs forever Simply by learning how to retrain their breathing patterns asthmatics can learn how to calm the worst asthma attacks and even stop them before they begin Asthma has reached epidemic proportions in the United States Fifteen million Americans suffer with asthma and more cases are diagnosed every day Traditional medicine can control all but the worst symptoms of this crippling disease but there is no sign of a cure Until recently the Breath Connection program was available only in London at the renowned Hale Clinic where it has helped hundreds of thousands of sufferers alleviate even the worst symptoms of asthma Now with the publication of Freedom from Asthma millions of Americans will finally be able to seek relief from this crippling disease

## **Asthma Free In 21 Days The Breakthrough Mind Body Healing Program** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Asthma Free In 21 Days The Breakthrough Mind Body Healing Program**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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### **Table of Contents Asthma Free In 21 Days The Breakthrough Mind Body Healing Program**

1. Understanding the eBook Asthma Free In 21 Days The Breakthrough Mind Body Healing Program
  - The Rise of Digital Reading Asthma Free In 21 Days The Breakthrough Mind Body Healing Program
  - Advantages of eBooks Over Traditional Books
2. Identifying Asthma Free In 21 Days The Breakthrough Mind Body Healing Program
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Asthma Free In 21 Days The Breakthrough Mind Body Healing Program
  - User-Friendly Interface
4. Exploring eBook Recommendations from Asthma Free In 21 Days The Breakthrough Mind Body Healing Program
  - Personalized Recommendations
  - Asthma Free In 21 Days The Breakthrough Mind Body Healing Program User Reviews and Ratings

## **Asthma Free In 21 Days The Breakthrough Mind Body Healing Program**

---

- Asthma Free In 21 Days The Breakthrough Mind Body Healing Program and Bestseller Lists
- 5. Accessing Asthma Free In 21 Days The Breakthrough Mind Body Healing Program Free and Paid eBooks
  - Asthma Free In 21 Days The Breakthrough Mind Body Healing Program Public Domain eBooks
  - Asthma Free In 21 Days The Breakthrough Mind Body Healing Program eBook Subscription Services
  - Asthma Free In 21 Days The Breakthrough Mind Body Healing Program Budget-Friendly Options
- 6. Navigating Asthma Free In 21 Days The Breakthrough Mind Body Healing Program eBook Formats
  - ePub, PDF, MOBI, and More
  - Asthma Free In 21 Days The Breakthrough Mind Body Healing Program Compatibility with Devices
  - Asthma Free In 21 Days The Breakthrough Mind Body Healing Program Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Asthma Free In 21 Days The Breakthrough Mind Body Healing Program
  - Highlighting and Note-Taking Asthma Free In 21 Days The Breakthrough Mind Body Healing Program
  - Interactive Elements Asthma Free In 21 Days The Breakthrough Mind Body Healing Program
- 8. Staying Engaged with Asthma Free In 21 Days The Breakthrough Mind Body Healing Program
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Asthma Free In 21 Days The Breakthrough Mind Body Healing Program
- 9. Balancing eBooks and Physical Books Asthma Free In 21 Days The Breakthrough Mind Body Healing Program
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Asthma Free In 21 Days The Breakthrough Mind Body Healing Program
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Asthma Free In 21 Days The Breakthrough Mind Body Healing Program
  - Setting Reading Goals Asthma Free In 21 Days The Breakthrough Mind Body Healing Program
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Asthma Free In 21 Days The Breakthrough Mind Body Healing Program
  - Fact-Checking eBook Content of Asthma Free In 21 Days The Breakthrough Mind Body Healing Program
  - Distinguishing Credible Sources



13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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