

The Oxygen Plan (Paperback)

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BY ERIC LUCAS

Reviews

This book is fantastic. This is certainly for all those who statte there had not been a really worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book. (Prof. Dale Fahey MD)

THE OXYGEN PLAN (PAPERBACK)



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 exploring the foundations of stress, which are different for each of us, and by presenting new methods of managing it. Our goal is to usher you into the green, by presenting a multi-faceted understanding of what being healthy-physically, emotionally, socially and behaviorally-feels like. Optimism is its own self-fulfilling prophecy. Optimism embraces our hope, our strength and our perseverance. One positive thought or action engenders the next positive thought or action. Optimism is powerful and persuasive. It tells your brain that you can do great things. And you can. Author Eric Lucas, the founder and chief executive of The Oxygen Plan...



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