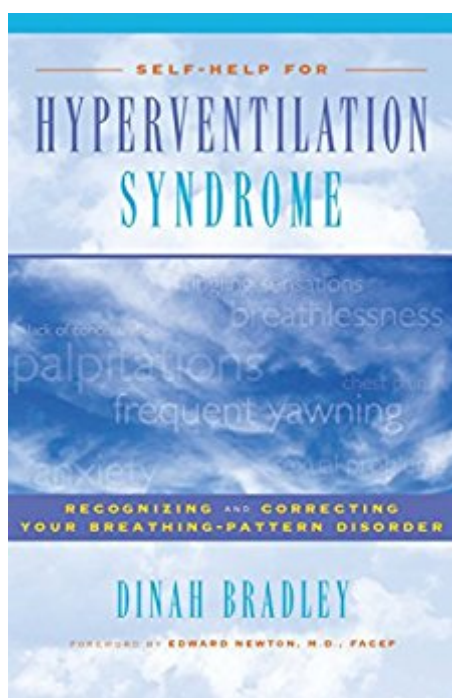


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# Self-Help For Hyperventilation Syndrome: Recognizing And Correcting Your Breathing Pattern Disorder



## Synopsis

Hyperventilation - taking in more air than needed - is habitual for some people. Dinah Bradley outlines remedies that incorporate breathing exercises, posture adjustments, and stress reduction. This new edition includes a workbook for readers to chart their progress.

## Book Information

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## Customer Reviews

After taking a spill on my bike and injuring my ribs, I developed a breathing pattern problem. The information and exercises in this book helped me rid myself of it and become more conscious of my breathing in general. The anecdotes are a bit winded, but provide some relatability making me feel less anxious about the problems I was having. If you are constantly yawning or "starving for air" as I have heard it described, try this book.

Really helped me find a way to alleviate HVS. The price can't be beat, worth a read and adopting some small changes to your habits (breathing exercises) and such before you panic and make it worse for yourself! I tend to not like going to doctors and this was a good read for me.

very helpful to me!

I found this book to be too simplistic. The information is accurate but weak on ways to correct the problem. As a psychologist who treats anxiety and hyperventilation, I guess I was expecting too much. I always hope for some new technique or way of explaining things that will be useful with clients, or even a book I would recommend to clients. About the only thing I found potentially useful were the workbook forms at the end of the book. This book might be helpful to someone with almost no knowledge of hyperventilation. But then the person would probably be much better off in treatment with a knowledgeable biofeedback therapist or anxiety specialist. Also, the author's emphasis on physical therapists as breathing experts is peculiar to New Zealand. PTs in the US would not be my first choice to treat hyperventilation or anxiety. I'd look for a mental health or biofeedback professional with experience in treating anxiety and hyperventilation.

It took me years to find a resource like this. It addressed my breathing problem reasonably and helped me to see how to go about correcting it!

A wonderful and very helpful book for those who tend to hyperventilate. It has some excellent suggestions to help you prevent over-breathing!

Note what people are saying in the negative reviews...that this book isn't "detailed" enough. That's a good thing. This book isn't intended for doctors. It's for patients. If you're an ordinary person who hyperventilates, you don't need detailed descriptions of medical studies, etc., that are in other books. You need to understand what's happening to you, and how to correct it. This book fills both needs. It cuts to the chase, explaining the different kinds of bad breathing. It's the only book of its kind which has provided some information I've never been able to find in years. For example, virtually every book or internet article about hyperventilation syndrome implies that HVS is caused by breathing too deeply. That isn't true. It can be caused by very shallow breathing--which is why women wearing corsets in the old days got "the vapors" (=they were hyperventilating). It can be caused by chaotic, uneven breathing, which is my problem. You don't have to wheeze like a bellows to be hyperventilating; in fact, the more subtler forms are the ones that will have the worst long-term effects on your health. For its small size, it's an incredibly informative book, peppered with case studies, humor, and easy-to-understand diagrams. If you're suffering from hyperventilation

syndrome, GET THIS BOOK. You won't regret it!

This book is OK, but it is too drawn out and simplistic in its approach. I've read many articles about Hyperventilation Syndrome and have researched the topic for many years. My recovery is largely attributable to the specific information provided in another resource titled Hope and Help for Hyperventilation Syndrome although I forget the author's name at this point. It provides much more practical advice.

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