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LIST OF SELECTED BOOKS ON BREATHING

1. Advanced Buteyko Breathing Exercises
2. Aspetti del respiro e del suo valore nella tradizione indiana e in alcuni contesti contemporanei
3. Atmospheres of Breathing
4. Auscultation Skills. Breath & Heart Sounds 5th Edition
5. Auscultation Skills. Breath & Heart Sounds
6. Bad Breath. A Medical Dictionary, Bibliography, and Annotated Research Guide to Internet References
7. Beyond the breath. Extraordinary mindfulness through whole-body Vipassana meditation
8. Body, Breath and Being, 2nd Edition. A New Approach to the Alexander Technique
9. Body, Breath, and Consciousness. A Somatics Anthology
10. Breath Becomes Life. Pranayama The Yoga of Breathing
11. Breath by Breath. The Liberating Practice of Insight Meditation
12. Breath in Action. The Art of Breath in Vocal and Holistic Practice
13. Breath On the Mirror. Mythic Voices & Visions of the Living Maya
14. Breath Sounds Methodology
15. Breath Taking. The Power, Fragility, And Future Of Our Extraordinary Lungs
16. Breath. The New Science of a Lost Art
17. Breathe Slower, Deeper, Better
18. Breathe Well. Easy and Effective Techniques to Boost Energy, Feel Calmer, More Focused and Productive
19. Breathe, you are alive! - the sutra on the full awareness of breathing.
20. Breatheology. The Art of Conscious Breathing
21. Breathing Ecstasy. Finding Sexual Bliss Using the Incredible Power of Breath
22. Breathing embodiment. A study of Middendorf breathwork
23. Breathing Exercises. Unique method of treating chronic diseases.
24. Breathing for peak performance functional exercises for dance, yoga, and pilates.
25. Breathing Meditation as a Tool for Peace Work. A Transrational and Elicitive Method Towards Healing the Healers
26. Breathing through the Whole Body
27. Breathing, Emotion and Evolution. Progress in Brain Research
28. Breathing, Speech, and Song
29. Breathing. Hering-Breuer Centenary Symposium
30. Breathing. The ABCs.
31. Breathwork. How a Daily Breathing Practice Can Drastically Improve Your Mind, Body, and Spirit
32. Breathwork. Use The Power Of Breath To Energise Your Body And Focus Your Mind.
33. Buteyko Breathing Exercises Explained In Detail.
34. Conscious Breathing. Discover The Power of Your Breath.

35. Deep Breathing Exercises For Healthy Lungs. Effective Exercises to Fight Respiratory Ailments
36. Essential Pranayama. Breathing Techniques for Balance, Healing, and Peace
37. Every Breath You Take. How to Breathe Your Way to a Mindful Life
38. Exhale. 40 Breathwork Exercises to Help You Find Your Calm, Supercharge Your Health, and Perform at Your Best. by Richie Bostock.
39. Free Your Breath, Free Your Life. How Conscious Breathing Can Relieve Stress, Increase Vitality, and Help You Live More Fully.
40. Heart Breath Mind. Train Your Heart to Conquer Stress and Achieve Success.
41. Holding yin, embracing yang. Three Taoist classics on meditation, breath regulation, sexual yoga, and the circulation of internal energy.
42. Holotropic Breathwork. A new approach to self-exploration and therapy.
43. Just Breathe. Mastering Breathwork for Success in Life, Love, Business, and Beyond.
44. L'arte di respirare. La nuova scienza per rieducare un gesto naturale.
45. Making Knowledge. Explorations of the Indissoluble Relation Between Mind, Body and Environment.
46. Mindfulness of breathing. A practice guide and translations.
47. Mindfulness With Breathing. A Manual for Serious Beginners.
48. Mindfulness Yoga. The Awakened Union of Breath, Body, and Mind.
49. Moving Consciously. Somatic Transformations through Dance, Yoga, and Touch.
50. Multidisciplinary Approaches to Breathing Pattern Disorders.
51. Oxygen, the Breath of Life. Boon and Bane in Human Health, Disease, and Therapy.
52. Perfect Breathing. Transform Your Life One Breath at a Time.
53. Power Breathing. Breathe Your Way to Inner Power, Stress Reduction, Performance Enhancement, Optimum Health & Fitness.
54. Praana Praanee Praanayam Exploring the Breath Technology of Kundalini Yoga As Taught By Yogi Bhajan by Kundalini Research Institute, Hari Jot Kaur, Yogi Bhajan.
55. Prana and Pranayama.
56. Pranayama. 15 Step-by-Step Breathing Techniques To Relieve Stress And Calm Your Mind.
57. PRANAYAMA. Step-by-Step Guide To Pranayama and The Power of Yoga Breathing.
58. Pranayama. The Vedic Science of Breath. 14 Ultimate Breathing Techniques to Calm Your Mind, Relieve Stress and Heal Your Body.
59. Restoration of Breath. Consciousness and Performance.
60. Restoring Prana. A Therapeutic Guide to Prāṇāyāma and Healing Through the Breath for Yoga Therapists, Yoga Teachers, and Healthcare Practitioners.
61. Right Breathing.
62. Science of Breath.
63. Secret Power of Tantrik Breathing. Techniques for Attaining Health, Harmony, and Liberation.
64. Spinal Breathing Pranayama. Journey to Inner Space.
65. The Alexander Technique Manual. A Step-By-Step Guide to Improve Breathing, Posture and Well-Being.
66. The Beginner's Book of Meditation. A Practical Guide to Meditation and Breathing Techniques.
67. The Breath of Life The Practice of Breath Meditation According to Hindu, Buddhist, Taoist, Jewish and Christian Traditions.
68. The Breath of Life.
69. The Breathing Book. A Practical Guide to Natural Breathing.
70. The Breathing Book.pdf

71. The Full Course of Strelnikova respiratory gymnastics for the treatment of more than 100 diseases and health conditions. Strelnikova respiratory gymnastics Vs Buteyko breathing methodology.
72. The healing power of the breath. Simple techniques to reduce stress and anxiety, enhance concentration, and balance your emotions.
73. The Human Respiratory System An Analysis of the Interplay between Anatomy, Structure, Breathing and Fractal Dynamics.
74. The New Science of Breath.
75. The Oxygen Advantage. The Simple, Scientifically Proven Breathing Techniques for a Healthier, Slimmer, Faster, and Fitter You.
76. The Power of Breath and Hand Yoga.
77. The Power of Breath. Yoga Breathing for Inner Balance, Health and Harmony.
78. The Power of Vital Force.
79. The Primordial Breath. An Ancient Chinese Way of Prolonging Life Through Breath Control.
80. The Psychology and Physiology of Breathing.
81. The Revelation of the Breath. A Tribute to Its Wisdom, Power, and Beauty.
82. The Tibetan Yoga of Breath. Breathing Exercises for Healing the Body and Cultivating Wisdom.
83. The Way You Breath Can Make You Sick.
84. The Yoga of Breath. A Step-by-Step Guide to Pranayama.