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FOR IMMEDIATE RELEASE

Breathing Love Antidotes World Fear and Distrust

"*Breathing Love* is extraordinarily important, because our country and our world are afflicted by a tsunami of separation directed toward "the other." In elaborating on love, Lee provides a path not just for personal psychospiritual growth, but also for the survival of our species." - Larry Dossey, M.D., Author of *One Mind: How Our Individual Mind Is Part of a Greater Consciousness and Why It Matters*

ST PAUL, MN – *Breathing Love* is a guide to develop active loving as our ultimate spiritual practice, to give our lives greater meaning, and to reconnect us as one peaceful human family. In response to the compounding world chaos and disconnection threatening to separate us from love, Lee shows us how to shift consciousness from fear and negativity, to faith and trust by *living* love 'anyway, always and no matter what.'

"Never has the art of cultivating true, generous love and the higher Self through meditation practices been better explained. Lee offers the essential vitamin pill for the soul. Brilliant, elegant, and easily practical for those just getting into meditation, and for the seasoned veteran, filled with good stories from Lee's remarkable life of devotion." - Stephen G. Post, President of the Institute for Research on Unlimited Love

Jennie Lee (Hawaii) is a certified yoga therapist who has spent two decades coaching people in the healing tradition of classical yoga meditation. Using the practices she writes about in *Breathing Love*, Jennie helps people overcome grief, depression, anxiety, and stress as well as create lives filled with greater joy. Author of the award-winning book *True Yoga*, Jennie's writing has also been featured in dozens of wellness blogs and magazines including the *Huffington Post*, *Mind Body Green*, *Yoga Digest*, and *Yogi Times*. She counsels via phone or Skype internationally and from her home studio on the island of O'ahu.

Breathing Love

Meditation in Action

By Jennie Lee

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