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Jennie Lee (Hawaii) is a certified yoga therapist who coaches people in the healing tradition of classical yoga and meditation. Using the practices that 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 on dozens of wellness blogs and magazines. Visit her online at www.JennieLeeYogaTherapy.com. Or see her in action on [KHON Wake Up 2 Day](#).

Jennie Lee Offers Hope to a World in Turmoil

ST. PAUL, MINN. — *Breathing Love* is a spiritual guide to living love as an embodied meditation practice. Uniting us in a universally desirable goal, Jennie Lee builds bridges of peace by changing how we look at love; from something to be acquired and preserved, to something to be realized and breathed. Active conscious loving is the basis of the meditation practices offered in *Breathing Love*, providing you with inner solace and a deep sense of purpose.

Through intimate personal stories from Jennie's own life, you'll feel deeply assured that this call to love in action is possible no matter what life presents. The meditative practices given in each chapter are easy to do, whether you're a seasoned practitioner or new to meditation. Each of these creates greater spiritual intimacy within yourself and more authentic connection with others. By making life a meditation of breathing love, not only will you find yourself, but you will find all the love you ever desired.

Praise for *Breathing Love*:

“Breathing Love is extraordinarily important, because our country and our world are afflicted by a tsunami of separation directed toward ‘the other.’ Lee provides a path not just for personal 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*

“Brilliant, elegant, and easily practical for those just getting into meditation, and for the seasoned veteran. Filled with good stories from Jennie’s remarkable life of devotion.”

—Stephen G. Post, President of the *Institute for Research on Unlimited Love*