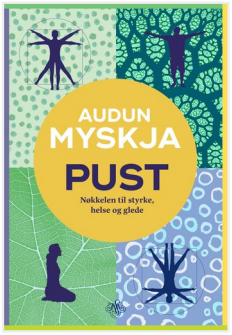
# Stilton Literary Agency




## Breathe. The Key to Strength, Health and Happiness

Original title: Pust
Publisher: J.M. Stenersen Forlag 2018
Non Fiction / Health
60400 Words
Norwegian PDF

**How breathing can be used to get the body and mind into a good, positive flow.**

Breathing is underestimated, by both doctors and among people in general, says Medical Doctor Audun Myskja

In your daily life, breathing can help you tackle the unpleasant feeling when you become angry or hurt. Precise breathing methods can make training more effective, deepen relaxation or sharpen concentration. Breathing techniques help reduce stress and fatigue
Breathing can also be used in therapy for those who suffer from anxiety and other psychic issues, with respiratory illnesses or with chronic fatigue. It can show you a way out when your mind and body are stuck in a repetition of bad habits.

With simple techniques you can find a way back to your natural breathing pattern - to the deep, eager, calm and liberating breath of a child.

**Foreign rights**
Klim, Denmark

## Audun Myskja

Audun Myskja is a chief physician, specialist in general medicine, with a doctorate in the use of music in elderly care. he has always known that medical science cannot explain everything and he has witnessed many instances that indicate the existence of health-giving powers other than medical ones.

He runs the Center for Life Aid at Myskjatunet in Totenvika, Norway. He is also a meditation teacher and a musician, with releases of his own compositions, meditation music and training instruction. He has developed educations in music-based environmental treatment and unit therapy, and is a sought-after speaker both at home and abroad.

Audun Myskja has written several strong selling books during the last decade.

**Other titles**
Reciliense Medicine -Keys to a better Life (2025)
Meditation. The way to finding yourself (2022)
The Tibetan Rites (2021)
The Art of Aging (2017)
Heal Yourself (2015)
Find Your Inner Strength (2014)
The Art of Dying (2014)