

## Books for Psychology Class

### **Open Your Class With This Tomorrow Breath: David Nestor**

David Nestor has spent years investigating the research behind better breathing. While his book *Breath* offers many recommendations to improve breathing and consequently improve overall health, perhaps the biggest takeaway is to slow down breathing and breathe through the nose.

The Box Breath App was developed by Theresa Elmore, a Computer Science Instructor at Libertyville High school and can be used to time breathing. Open the link below and follow for as many cycles as possible. The app counts down from 5.5 seconds on the inhale, then another 5.5 seconds to hold and finally 5.5 seconds on the exhale.

Try this when driving, watching television or working on homework. Nestor claims that with practice, this health-promoting breathing through the nose can eliminate many avoidable health conditions.

[Box Breath App](#)