

Book Overcomes Sleep Problems with Breath Balance

Submitted by: Anandi The Sleep Guru

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Anandi, The Sleep Guru, announces release of 'Breathe Better, Sleep Better'

LONDON — Anandi, The Sleep Guru (<http://www.thesleepguru.co.uk/>), marks her debut in the publishing scene with a new book teaching readers a way to 'Breathe Better, Sleep Better' (published by Balboa Press (<http://www.balboapress.com/>)). It is a brilliant resource for anyone wishing to increase their energy levels and can assist those struggling with sleep deprivation, insomnia, stress or anxiety. It shares insights about the subtle and vital aspects of the breath as key to healing and growth.

'Breathe Better, Sleep Better' offers a systematic approach with practical exercises to work with the breath as a tool, to bring an individual's whole being back into balance and achieve the gift of better sleep. Anandi shows how to dramatically improve daily life and, in particular, sleeping pattern through a proven step-by-step system using the breath.

In the book 'Breathe Better Sleep Better' (<https://www.amazon.co.uk/Breathe-Better-Sleep-Guru-Anandi/dp/1504367758>) you will find practical tools to soothe the nervous system and increase serotonin levels, increase vitality, improve digestion, stimulate the circulatory system, detoxify, tap into new creativity, and integrate simple practices into daily life.

"I have been in the health and wellbeing arena for 25 years. After learning these breathing tools in India, I experimented with them further to deepen my own experience. Learning how to breathe is largely responsible for overcoming my own insomnia of 15 years," the debut author shares. "If you are ready to actively participate in your own healing journey, the information in this book will show you how to breathe yourself to sleep."

Links

Breathe Better, Sleep Better on Amazon:

<https://www.amazon.co.uk/Breathe-Better-Sleep-Guru-Anandi/dp/1504367758>

Balboa Press: <http://www.balboapress.com/>

Anandi's Website: <http://www.thesleepguru.co.uk/>

"Breathe Better, Sleep Better"

By Anandi, The Sleep Guru

Softcover|8.5 x 11in|128 pages|ISBN 9781504357906

E-Book|128 pages|ISBN 9781504357913

Available at Amazon (<https://www.amazon.co.uk/Breathe-Better-Sleep-Guru-Anandi/dp/1504367758>) and Barnes & Noble

Ends

We would be delighted to offer review copies of the book to journalists. For further information contact Tabitha Monkhouse at tabitha@famouspublicity.com or 0333 344 2341 or Tina Fotherby at tina@famouspublicity.com or 07703 409 622 or.

About the Author

Anandi's journey started in the fitness industry in 1986. A born leader and teacher, she found herself teaching others throughout her career in fitness, beauty and wellness. She now lives between Salisbury, England, and Macerata, Italy, and runs workshop and retreats in Italy and London. "Anandi" is Alison Francis' spiritual name given to her by her guru in India in 2007. Her professional credentials are:

- Ayurveda Practitioner, approved by the International Practitioners of Holistic Medicine
- Ayurvedic consultant (American Institute of Vedic Studies, David Frawley)
- Qualified NLP instructor and hypnotherapist (David Shephard, Performance Partnership)
- Chopra-certified Primordial Sound Meditation Instructor (Deepak Chopra)
- Registered Senior Yoga Teacher (Approved by The Yoga Alliance)
- Continued study of Pranayama with Yogi Vishvketu
- Mentee of the late Georg Feuerstein, and graduate of 800hrs of yoga history and philosophy (Georg Feuerstein, Traditional Yoga Studies)
- 'Teaching the teacher' internship in India at Anand Prakresh Ashram (Yogi Vishvketu)

Anandi's first book is available for purchase and offers many practical tools to help detox different parts of the human body. For example detoxing the digestive system, calming the nervous system and stimulating the circulatory system. 'Breathe Better, Sleep Better' is available online (<https://www.amazon.co.uk/Breathe-Better-Sleep-Guru-Anandi/dp/1504367758>) or direct from her website (<http://www.thesleepguru.co.uk/>).

Anandi has a blog (<http://www.thesleepguru.co.uk/anandis-blog/>) where she explains different methods and techniques to cure insomnia. The blog includes a number of video demonstrations, written guides and advice to help with your development. Some blog posts include features on meditation, healthy eating and stress.

Balboa Press, a division of Hay House, Inc. – a leading provider in publishing products that specialize in self-help and the mind, body, and spirit genres.