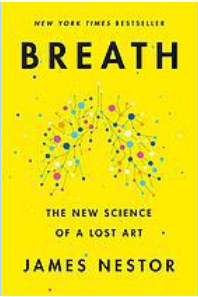
Discussion Guide



Breath
James Nestor

Riverhead Books
2020
304 pages
ISBN: 978-0735213616

Complementary and Integrative Medicine

Summary

Drawing on thousands of years of medical texts and recent cutting-edge studies in pulmonology, psychology, biochemistry, and human physiology, journalist James Nestor traveled the world to figure out why humans have lost the ability to breathe correctly. *Breath* turns the conventional wisdom of what we thought we knew about our most basic biological function on its head.

Questions

1. Did you come to this book with any skepticism, consider breathing is something we all do on autopilot each day? Did your initial views change early or late into the book? Or at all?
2. What were some of the short-term negative effects of mouth breathing, as discussed during
3. the author's self-experimentation?
4. Based on the author's reporting, is it possible to reverse damage caused by breathing
5. poorly?
6. Were you inspired to experiment at all yourself? If so, which kind of breathing exercise or style stood out to you? Why? If none of them, why not?
7. What did you think of the author's research process? Do you have any experience in blending old and new medicine in your work? What future research would you like to see?
8. The book describes a seeming change in medicine that causes prescribed practices in breathing to be "lost," right around the time that pharmaceutical options became more available. What do you make of this coincidence?

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