

— SELF-HELP FOR —

# HYPERVENTILATION SYNDROME

tingling sensations  
breathlessness  
lack of concentration  
palpitations  
chest pains  
frequent yawning  
anxiety  
sexual problems

RECOGNIZING AND CORRECTING  
YOUR BREATHING-PATTERN DISORDER

DINAH BRADLEY

FOREWORD BY EDWARD NEWTON, M.D., F.A.C.P.

# Selfhelp For Hyperventilation Syndrome Recognizing And Correcting Your Breathing Pattern Disorder

**Brendan G. Carr**



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