



daily GOOD

Listen, are you breathing just a little, and calling it a life? --Mary Oliver

The Lost Art of Breathing

"After recovering from pneumonia for the third time, journalist James Nestor took decisive action to improve his lungs. He questioned why so many humans -- and only humans -- have to contend with stuffy noses, snoring, asthma, allergies, sinusitis and sleep apnea, to name but a few. James hears remarkable stories of others who have changed their lives through the power of breath. His deep dive into the unconscious and oft-ignored act of human respiration offers us all a way to breathe easier." More in this BBC special.

Be The Change:

For more inspiration, check out this Fresh Air interview with James Nestor on how breathing can impact sleep and resilience, particularly in the time of COVID.