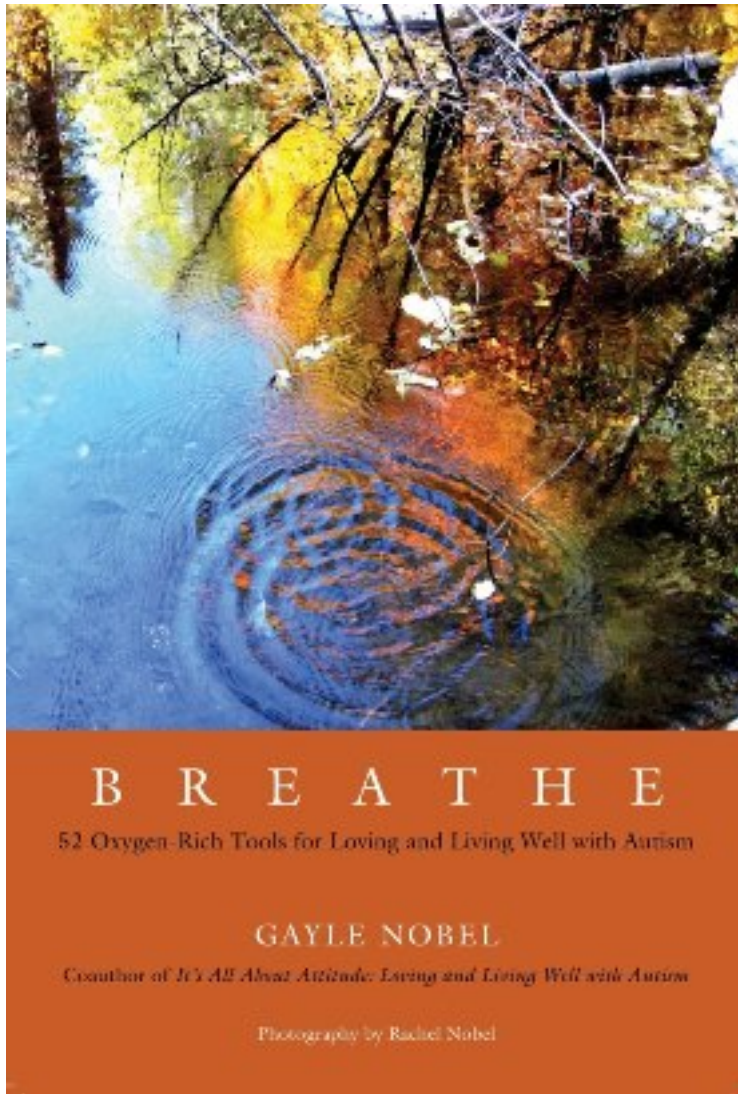


## BREATHE



**Breathe offers powerful, life-tested tools for helping parents thrive, rather than merely survive the lifelong journey of living with autism.**

## Breathe

**Breathe is full of nourishment, support and inspiration in the form of short stories and oxygen-rich tools born of Gayle Nobel's life-long journey with autism. Gayle offers easy, doable, and approachable tools, providing insight and encouragement for living well with autism. These stories and tools are also valuable to those who do not have a loved one with autism. Autism becomes a metaphor for the unexpected life challenges we all face, in one form or another.**

***“Just as the breath oxygenates our cells, these oxygen-rich tools have the power to create a ripple effect in your life, transforming your attitude and your journey, one micro-movement at a time.”***

**~Gayle Nobel, author, Breathe**

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