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The Oxygen Advantage by Patrick McKeown was first published on 15 September 2015 by Harper Collins (USA) and Little, Brown Book Group (UK). It has since been published in Italy, the Netherlands, Japan, Hungary, Poland, Germany, Spain, Slovenia and Croatia. The book is set to be published in Taiwan and Saudi Arabia.

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Of all the methods I've come across I have found the Oxygen Advantage to be the most simple and effective to integrate into everyday life and see measurable positive benefits. As a keen amateur runner, the introduction of nasal breathing has proven key in improving my running form and times.

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