

Dear Ms. MacDonald,

Thank you for coming into the school to talk about Patrick's hyperventilation attack. I looked up that book you requested. The authors name is Robert Fried and the books name is The breath connection : how to reduce psychosomatic and stress-related disorders with easy-to-do breathing exercises. it was published by New York, Insight Books, 1990.

Hope this helps.

Irene Derbic.  
School Nurse