

MY BREATHING SYSTEM BY J. P. MULLER

Joyce Leyh

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Jørgen Peter Müller (7 October - 17 November) was a Danish gymnastics educator and author. He is also known as J. P. Muller. Contents. 1 Biography; 2 Selected publications; 3 References; 4 External links. Biography[edit]. His book Mit System (My System), published in , was a bestseller and As well as exercises, stretching and breathing routines, Müller also.

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Danish fitness enthusiast J.P. Muller extolled the virtues of daily exercise, fresh air and a fresh air and a dose of sunshine in his book "My System," first published in Remain conscious of your breath while performing these exercises.

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