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This book is one and the same as 'Science Of Breath', published in 1904 and 1905, written by one Yogi Ramacharaka who is thought to be William Walker Atkinson. There is enough on google re the author without going into detail here.

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The Science of Breath by Yogi Ramacharaka. Posted on | November 13, 2010 | 14 Comments. The Science of Breath by Yogi Ramacharaka. For thousands of years, yogis have believed that breath is the essential link between body and mind, energizing a subtle body which connects the physical and mental aspects of our being.

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Science of Breath book by William Walker Atkinson

This book improved my breathing technique introduced me to yoga and eastern thought. "Science of Breath" provides a great balance between western theories and eastern ideas. This book would be a good aid to anyone in the martial arts or those who just study KI.

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