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Carola h. speads (author of ways to better

Carola H. Speads is the author of *Ways to Better Breathing* (3.00 avg rating, 1 rating, 0 reviews, published 1986) and *Breathing* (0.0 avg rating, 0 rating)

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Born in Germany, Carola Speads began her professional career at the Anna Herman School of Physical Training and Movement in Berlin, where she later opened up her own

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