



- ▶ Triple board-certified physician in Geriatrics, Hospice, and Addiction Medicine
- ▶ CEO and founder of TheBreathMD, helping people unlock a flow state through the transformative power of breath
- ▶ Award-winning, best-selling author of “Breath: The Remote Control of Inner Calm”
- ▶ International speaker known for making complex science simple, engaging, and practical
- ▶ Cares for older adults and addiction patients with compassion and whole-person focus

Breathe to Succeed is an online breathwork course that helps reduce anxiety, pain, and insomnia—naturally. Created by Dr. Jeannie May, it blends science, somatic techniques, and guided practices—including a powerful Transformational Breathwork Journey—to build emotional resilience, improve focus, and create lasting calm with just five minutes of practice a day.

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FOR MORE INFORMATION VISIT WWW.THEBREATHMD.COM