

Are industries that affect our lung health being held to account?

Would better ways of describing or visualising breathlessness help patients and doctors?

Can the ways people thought about breath in the past help us today?

How do our thoughts, emotions and beliefs affect our breathing?

Why do people hide their breathlessness?

What can we learn about breath from different cultures?

What does breathlessness feel like? Does it feel different when you are ill?

Why is inhaling substances like cigarette smoke pleasurable?

How is breath represented in literature, art, film and music?

## Get Involved

Visit our website [www.lifeofbreath.org](http://www.lifeofbreath.org) to read the blog, sign up for our newsletter and find out about upcoming events.

If you experience breathlessness or practise breath control and would like to take part in our research, email [mail@lifeofbreath.org](mailto:mail@lifeofbreath.org)

Follow us on social media

 [@lifeofbreath](https://twitter.com/lifeofbreath)

 [breathingandbreathlessness](https://www.facebook.com/breathingandbreathlessness)

## About Us

Life of Breath is five year (2015-20) research project funded by the Wellcome Trust. It is led jointly by Prof Jane Macnaughton (Durham University) and Prof Havi Carel (University of Bristol). The team are researching the breath through arts, humanities, social sciences and medicine to help people live well with breathlessness.



Breathless?  
Get advice and support from the British Lung Foundation  
[www.blf.org](http://www.blf.org)



## Contact Us

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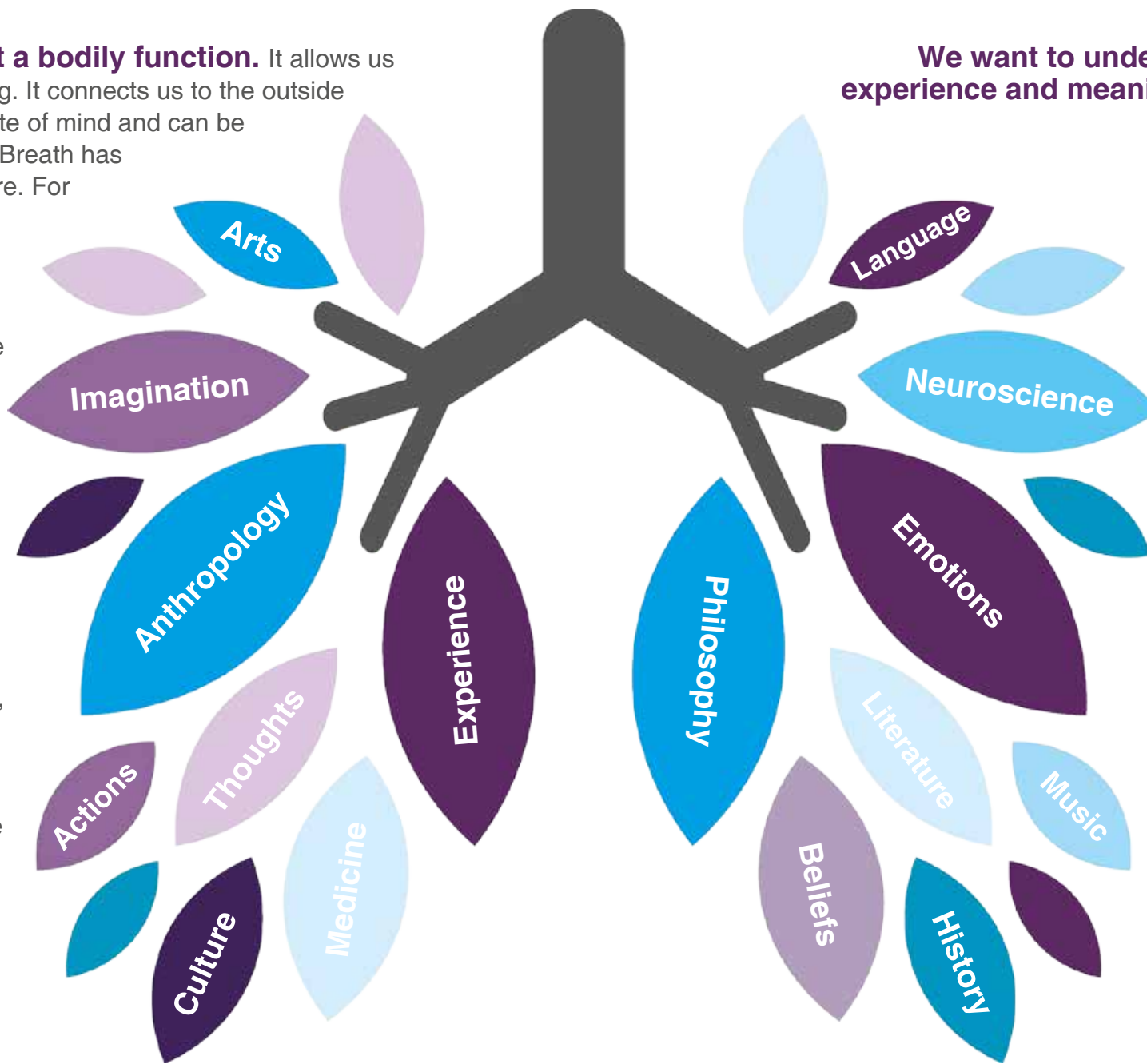


# Our approach to exploring breathing and breathlessness

**Breathing isn't just a bodily function.** It allows us to speak, laugh and sing. It connects us to the outside world. It reflects our state of mind and can be consciously controlled. Breath has inspired art and literature. For many it has spiritual significance. The personal and cultural meaning of breathing goes beyond the simple act of keeping us alive.

**Breathlessness** is also a very personal experience. It can be fleeting or a sign of something more serious. Some people deal with breathlessness better than others. As a result, doctors find it hard to measure and difficult to treat. Those living with breathlessness are often forgotten.

**We want to help people live well with breathlessness.**



**We want to understand the personal experience and meaning of breathing and breathlessness.**

The Life of Breath team includes researchers from a number of different subjects including medicine, philosophy, anthropology, history, arts and literature.

We also work with the British Lung Foundation, people affected by lung disease, healthcare professionals and people who use their breath in interesting ways (e.g. musicians).

Together we are finding new ways of answering questions about breathing and breathlessness and its relationship to both illness and wellbeing.