



# **Breathe**

*Kate Bishop*

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Alex thought she had married the man of her dreams: successful, gorgeous, and delighted by her small-town charm. When he walks out six months later, proclaiming to have 'found himself' (with the help of a stunning yoga teacher), she 'finds herself' alone in an unfamiliar city, vengefully drinking through his prized wine collection, living on takeout, and refusing to answer the door. When this fails to cure her broken heart and bruised ego, she reluctantly allows her new friends to intervene. Slowly, Alex learns to define success on her own terms; she discovers the secret to love in all its forms, and the perfect flying crow pose, one breath at a time.

## **Breathe Details**

Date : Published January 22nd 2013 by Diversion Books

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Author : Kate Bishop

Format : Kindle Edition 290 pages

Genre : Fiction, Womens Fiction, Chick Lit, Romance



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# **From Reader Review Breathe for online ebook**

## **Rachel Burton says**

I love yoga. You know I love yoga. It's pretty much the most important thing in my life.

And I love romcom/chicklit books.

But put them together & I'm never sure it works. This book showed a side of yoga I don't love. I get its the populist side of yoga but it felt, at times, cultish & our heroine seemed to become rather weak and easily walked over in the name of enlightenment.

Not for me I guess.

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## **Sharon says**

Entertaining. I wish I had the ability to make friends as easily as her. I mean who really gets invited to the "in" teacher's house for dinner? The ending was weak, when her ex comes crawling back and says he didn't actually sleep with yoga girl. What? Still, it was a fun read.

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## **Jeannie Zelos says**

Breathe Kate Bishop.

Saw this via netgalley but being a tech nerd couldn't work out how to get it to my kindle but it appealed so I bought it and read it that way! Sometimes the PC wins – yesterday was one of those days....

Anyway – on with the book. I'm a sucker for a good romance with a decent back story and wasn't disappointed. Alex thought she was happily married to the man of her dreams, but only six months after the wedding he walks out after a yoga retreat to “find himself” Poor Kate is devastated, she has no job, and the mother-in-law from hell ensures she soon has no home. She doesn't realise she has a couple of really good friend who care for her and refuse to let her wallow in depression. They bully her – in the nicest way – into picking herself up and starting over. She finds a new job, new but tiny apartment and tries to find out who she is. She feels so lost without Tripp (the ex) and uncertain of what to do and who she is. Things progress, though via a series of ups and downs as she seems to be a magnet for accidents, and there's love lurking in the background for her though she doesn't see it. This book made me laugh, Alex tries hard, but seems to have setbacks – not always the horrible sort but those you can laugh with. She's a good friend too and that gets recognised. She looks back at her childhood and sees it differently, looks at her childhood best friend and sees her differently too – especially when she leaves her husband and descends on Alex like a steamroller – complete with lots of Louis Vitton luggage and a teacup Yorkie dog!

Its a great romance, and a funny journey with Alex to find her HEA. You'll laugh with her and cry with her and the ending leaves you feeling satisfied. Its not a book full of sex, the romance is more subtle than that with gentle touches and hints of feelings as Alex is running scared. If you want romance with a good story to

keep you interested then this book doesn't disappoint.

Its well written and edited, and at £1.94 for 290 pages its excellent value. Stars: four and half for me, doesn't quite make the full five but very close.

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### **Spellcheck says**

I felt like I was reading a thinly disguised religious tract, only this was all about yoga and its transformative powers. Don't get me wrong, I love yoga. I just don't appreciate an author shoving his/her ideology down my throat.

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### **Samantha March says**

Kate Bishop is now on tour with CLP Blog Tours and Breathe

As a yoga practitioner myself, I knew I would be able to connect with this book. I am also close in age to Alex, our main character, and she was so relatable that it was easy to get sucked into her story. Breathe is quite the page-turner, and it took me just over a day to finish this read. After Alex's husband walks out on her and her evil mother-in-law callously evicts her from their home, Alex feels lost and confused. I loved that she is from a small Oregon town, and could understand how she seemed to lose her way after meeting and marrying Tripp so quickly. It was great fun to watch her get back to herself and follow her along the way. I'm very impressed that three authors wrote this book, because the writing stays smooth throughout, no hiccups along the way. One I highly recommend!

**\*\*4.5 stars\*\***

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### **Marisa says**

Library Request. It was too much yoga references, and mantras, the story was the same rich man marries more underprivileged and left said partner due to mother's intervention. Girl loses self to refine herself with yet another man's love waiting in the wings for when she finds herself. Yada, yada, yada.

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### **Step Into Fiction says**

I decided to read this book as it was something different from what I usually read and I wanted to see what did happen to the character Alex, from the synopsis, it sounds like she has been through the ringer. I was hooked right away. You feel like you are Alex and you feel her heartache and confusion and pain. She is very easy to connect with and you go on this journey with her.

The life that Alex has for a year was a life I do feel a lot of us dream of having, but sometimes your dreams are not what they seem, and for Alex she learned that the hard way. Her transition from basically trophy wife to single lady finding her way is an enthralling story. She finds out who her true friends are and that no

matter what, there is always a positive somewhere down the road. Her journey through yoga is inspiring. Although she is reluctant at first, she opens her self up and the journey it takes her on is very moving.

### **Read full review at Step Into Fiction**

Review completed by: **Ashley**

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### **Kathleen says**

What's a girl to do when a whirlwind romance of five months leads to marriage only to end six months later when her husband leaves her for his yoga instructor?

When twenty-five year old Alex met forty year old Tripp Edwards at an Oregon ski resort, she was swept off her feet by the man of her dreams. But her world got turned upside down six short months later when Tripp walks out on her after finding his "Authentic Self" and true path in life through the practice of yoga. Alex is heartbroken and descends into a month long depression hiding away from life, drinking bottle after bottle of wine from Tripp's wine collection and eating pizza. Displaced and feeling lost, with the help of good friends, her family, and her lovable one eared dog named Billy, Alex embarks on a journey of self-discovery that leads her to give yoga a try, while discovering how to love herself and enjoy what life has to offer.

Breathe was such a fun book to read! The three friends who make up the persona of author Kate Bishop weaves an entertaining tale of one woman's journey of self-discovery after her short-lived marriage ends. Written in the first person narrative and set in Marin County, California, Alex Edwards takes the reader along on her zany adventure as she learns to rebuild her life after her husband Tripp leaves her to follow a new life path he discovered through practicing yoga.

This book has a plethora of interesting yoga information interwoven throughout the story that will peak the interest of the reader, especially those who already practice yoga or may have an interest in learning about it. I found myself considering looking more deeply into the practice of yoga, especially if it will enrich my life!

This is a lighthearted story that is funny and insightful. It's not just a story about moving on and finding a new love, it is also a story about discovering who you are and learning how to love yourself while in the process of living and enjoying your life. I really enjoyed following Alex's journey as she learned to cope with Tripp leaving her, and the transformation that occurred within her through the process of self-discovery and the practice of yoga.

Alex is a sassy woman who the reader can relate to, her journey has a mixture of humor, romantic and inspirational moments. So take some calming moments to read Breathe, immerse yourself in Alex's world as she embarks on her journey, it will help you find your center too!

Disclaimer: I received a copy of the book from the author / publisher in exchange for my honest review and participation in a virtual book tour event hosted by Chick Lit Plus Blog Tours.

<http://jerseygirlbookreviews.blogspot...>

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## Lisa Gleason says

Absolutely LOVE this story! It was just what I needed! Great characters!

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## Tzippy says

If you think that the only people who are more despicable than people who use store-bought eggs are people who do yoga and then go shopping *right afterwards*, this is the book for you!

...

So this is a book about yoga.

I knew that going into it, but I had no idea how proselytizing it would be.

Alex has been married to Tripp for six months when he gets really into yoga and walks out on her because she's not "enlightened" enough. Also, he implies that he's been cheating on her with his yoga instructor. And then his mom steps in to close the deal, ensuring that Tripp gets to keep everything, and Alex has a few weeks to find a house.

She's a mess for a while, and then her friends step in and they're like, "You know what would make you feel better? Yoga!" She's understandably skeptical, and then she starts enjoying it, and up to that point the book is pretty good. Then, slowly and subtly, it starts going off the rails.

The further and further she gets into the whole yoga thing, the more cult-ish it seems to the outsider. She has a sense of humor at the beginning of the book--this disappears as she gets sucked into the world of yoga. And she starts letting yoga control her emotions. And her diet. And her money (she agrees to go to a workshop given by her ex-husband's girlfriend just to prove that she's totally yoga).

(Parenthetical note: I had a feeling it would turn out that (view spoiler))

At the beginning, Alex is all, "I hate yoga! My husband left me because I wasn't into yoga!" And at the end, she's like, "My husband left me because I wasn't into yoga...and he was right to do so!"

And also...she gets *smug*. You guys, lavender and vanilla are *such* unenlightened scents. Citrus and eucalyptus are so much more "earthy." (I dunno, maybe she thinks lavender and vanilla grow on Saturn?) Or when her (shallow, self-centered) friend Haley finishes a yoga session and goes, "That was great, now I feel like going shopping!", Alex cringes.

*Shopping* after yoga? Sacrilege! Or whatever; don't get me wrong, it's not like Alex converts to Hinduism or anything (sidebar: the concept of "converting to Hindusim" is kind of a can of worms; you can find more information on Google, as always), but she doesn't let small details like that get in the way of being an authority. Haley, you're appropriating a foreign religion/culture wrong. *This* is the right way to appropriate.

But what bothered me the most about this is the conclusions that Alex comes to at the end of the book about how to deal with the people who have wronged her.

Some people would hold a grudge.

But not Alex.

Some people would let go of their anger for the sake of moving on, and yet try to avoid these toxic persons in the future.

Ugh, how unenlightened.

Hey, Alex?

If someone treats you like dirt, and indirectly this causes your life to get better, you do not have to hug them and thank them, genuinely, for treating you like dirt.

The woman who had an affair with your husband? You do not have to sign up for her classes and support her business.

And the husband who made you sign a pre-nup, left you six months into your marriage without any attempt to patch things up, (view spoiler), and sent his mom to evict you? He is not a great guy. Just because he's not the devil doesn't mean he's not a jerk. Listen, there is a spectrum here.

I mean, there is being classy, and there is being a big giant freier.

So...what I'm saying is, this book was not to my taste.

Disclaimer: I received an ARC of this book from NetGalley.com in exchange for an honest review.

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## **Sally906 says**

Having got a friend who had a longtime relationship end due to her fiancé getting totally involved in yoga (but not the yoga teacher though), I could totally relate to the scenario. This can really happen folks!! While the art and benefits of yoga is a major component of the story – the actual plot looks at how Alex dealt with the breakup and the steps she took, albeit kicking and screaming, to recovering her life back. When Tripp leaves her Alex has no job; little money thanks to a pre-nup she signed; and a hellion of a mother-in-law who evicts Alex within weeks. But Alex finds she is not as alone as she thought, she does have friends, and soon a new love interest. But the road to recovery is not smooth, especially when Alex discovers that while yoga may have indirectly caused the break up – it will also be the solution to regaining her life.

Author 'Kate Bishop' is made up of three friends: Kristin Tone, Talie Kattwinkel and Bridget Evans. Let's hope they continue to be friends and write some more books together. BREATHE made me laugh and was a great way to spend a Sunday afternoon.

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## **Rabbit {Paint me like one of your 19th century gothic heroines!} says**

Disclaimer: This ARC was given to me for free in exchange for an honest review from Netgalley. Also warning for snark and gifs.

Where to begin?

First of all, though I'm not a yoga-practitioner, I follow an alternate spirituality, the main character was insufferable especially once she started getting into yoga.

Me too, Sammy, me too.

I mean she must be Manic (as in Bipolar) to go on and buy yoga clothing and take expensive lessons on a limited budget.

And think. And breathe. I am Bipolar, I know how to deal with this.

Also she get's the ideal job for her like that \*snaps fingers\*. I wish it was that easy.

Sammy's expression is mine.

Also the plot twist that her ex didn't actually cheat on her, but left her for yoga was idiotic.

My exact reaction.

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## **Lisa B. says**

My Thoughts

This was so darn cute. As someone who practices yoga, I really enjoyed this tie in to the storyline. I thought the author wrote a light,funny and fresh tale. The book was a fast read and a very nice break from some of the “heavier” books I have read recently.

This is a debut for Ms. Bishop and I have to tell you, it reads as if written by a seasoned novelist. Good flow and nicely entertaining. Congratulations to the author for a job well done and I will be looking forward to future stories from her.

My thanks to Diversion Books and Netgalley for allowing ne to read this in exchange for an unbiased review.

Publish date: January 22, 2013.

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## **Sabra says**

At first I thought this book was a little light and fluffy. I was chastising myself for not reading something deeper. But as I went along I started to see familiar patterns in myself and gained some insight from the book about them. In the end I decided it was more like an instruction manual for living yoga and there were lessons learned by me.

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## **Marianne says**

I really enjoyed this book – it was the first time I have ever read a book about yoga and I am glad that I picked this story.

It is a love story, of recovery after divorce and discovering one's destiny. The yoga factor played an important role in the heroines healing because it helped her learn to relax and cope with her life, despite her initial negative feelings about the process.

The reason I found this book interesting (other than the engaging love story) was I have often wondered about the benefits of yoga but I have never tried it. After reading this book, I took a chance and participated in a class myself. I am glad that I did – it was hard, but I am hooked.

Thank you for unexpectedly turning me onto something new that I believe will greatly benefit me into the future.

Marianne Curtis

Author

Finding Gloria

Finding Gloria ~ Special Edition

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