

Foreword by **Tiberius Grande**,
Founder of Law of Attraction LIVE

BREATHWORK DETOX

HOW TO THRIVE
IN THE AGE OF ANXIETY

THE
ALL-IN-ONE
PHYSICAL,
MENTAL AND
EMOTIONAL
DETOX

From the #1 Bestselling Author of *The World Is Yours...*

KURTIS LEE THOMAS

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FOREWORD BY TIBERIUS GRANDE, FOUNDER OF LAW OF ATTRACTION LIVE

We live in a golden age of potential and possibility, an age where the average person has access to more information, more resources, and more options than ever before. We can achieve anything we want more quickly and elegantly, because technology is abundant and information flows freely with new opportunities arising every day.

Yet with all the books, seminars, lecturers, principles, and theoretical tools, we find many people still struggling, feeling stuck, exhausted, anxious, and overwhelmed, more than ever.

I was born into communism and suffered mental, physical, and emotional abuse. When the system was dismantled, we suffered oppression, poverty, and lack. Within the first two years of my life, my parents had a messy divorce. I spent the next seven years in some of the worst hospitals in the world, where malpractice was the norm. I was scarred by a third-degree burn and had multiple surgeries to correct a congenital disability. We had no way to fight or correct



the system, and the communist system encouraged beatings and fear-induced punishments to keep children in their proper place.

Insecurity, lack of self-confidence, timidity, anxiety, and depression were my partners throughout my childhood and early life. At the same time, as a child, I also received love. As bad as things were, my mother and grandmother told me that they loved me and that I was an amazing child. My stepfather worked day and night at times to provide for the family. Times were still tough; sometimes all the anger and frustration were taken out on me and my sister, but we were loved.

One day when I was 19, I watched the movie *The Secret*. That movie gave me hope. If I could just read, learn, and do everything possible, I would succeed and overcome my adversity. If I dream big and do my part, the Universe will work its magic and meet me halfway.

I went on to create the Law of Attraction LIVE platform which attracted a community of manifesters over two million and growing. This led me on an amazing journey of self-discovery and material success: being able to become financially independent, working with some of the most influential speakers in the world, becoming certified to help other people, and growing online communities with millions of followers that inspire and connect people from around the world.

However, the pain was still there from the trauma and abuse my inner child suffered. He couldn't be himself, be free, or be understood. No matter how much I learned and grew as an individual the pain was still there like a splinter in my



mind which I learned to live with. As I was becoming more successful on the material plane, I felt my shadow past becoming stronger and stronger. The tools I had such as visualizing, affirmations, and expressing gratitude were becoming more and more inefficient.

One day, the Universe delivered another blessing to me... the blessing of BREATHWORK. In 2012, I had the “luck” of meeting two incredibly talented ladies who rented a yoga room in our center in Bucharest, Romania. They were hosting a holotropic breathwork class under the philosophy and scientific studies of Stanislav Grof. Even though I wasn’t trained in this style of spiritual and personal development, I enthusiastically joined the session. It involved a breathwork practice coupled by 2-3 hours of intense music. The theory was that we could tap into the infinite power of our subconscious mind and allow it to emerge and to heal us. I was skeptical, to say the least, but I gave my usual 100% effort.

Those three hours provided more perspective, healing, past reconciliation, and freedom than hundreds of books and the many tens of thousands of dollars I had invested in success conferences until that moment. I went on an inner journey where I trusted and allowed my subconscious to do its work and heal me. I went deep into the wounds of my childhood and healed them. I sat with that little child and loved him, hugged him, told him it’s okay to make mistakes and no matter what he does he will always be loved and never punished. To my surprise, the child told me something too that changed my world forever; the little me said: “Please understand I am a child and whatever happened to me, I



am happy! Now go and live your life happily and never be concerned about me... I am happy.”

Words cannot describe what that experience did for me, my soul, my emotions, and my freedom as a human being. That is just the tip of the iceberg. I did many sessions after that, and many ceremonies, which led to me developing a daily breathwork practice.

The teacher, the master, the healer, the manifester, and “the way” are inside you. The books we read, the podcasts we listen to, and the conferences we attend are nothing in comparison to the infinite wisdom and potential of our sub-conscious mind, which represents 95% of who we are and how we behave. Breathwork helps us access this power and rewrite our own story.

The new era in personal development is to create change from the inside out and make ourselves our most excellent teacher by trusting ourselves, trusting our bodies, trusting our emotions, and working with guides to help us go within.

This is where Kurtis comes along to assist you. Trust the process, trust his guidance, and let him take you on a journey within! Magic will start happening, and your life will progressively unfold into something more wonderful and majestic.

Our community is extremely grateful and happy for the new wave of growth, awakening, and enlightened living that is happening in the personal development space.



Enjoy the journey you are about to embark on while reading this book and thank you Kurtis for sharing your gift with the world.

—Tiberius Grande, Founder of Law Of Attraction LIVE,
Therapist & Trainer



THE BREATHWORK INTRODUCTION YOU SHOULDN'T SKIP

When's the last time you thought of oxygen? You probably haven't, yet you breathe about 17,000 times per day. But what if someone squeezed your throat and you couldn't breathe? It would most likely be the only thing you could think about. You may have seen the famous YouTube video by Eric Thomas, aka the Hip Hop Preacher, titled "When you want to succeed as bad as you want to breathe, then you will be successful."

The breath is the most essential thing in life. A human can go years without sunshine, weeks without food, days without water, but only minutes without air. This is a quintessential example of how we take the most magical and essential things in life for granted. I too took this natural technology



for granted, but now I have a story to tell of how *conscious breathing* changed my life, as I believe it will change yours.

This book has very little to do with me, but more about you and your journey, since the breath is something we all intimately possess and share with one another. I will share some of my most profound stories with you, but not in an autobiographical way, more to show you how much I suffered, and what you have the ability to overcome with the natural healing technology that's flowing through your lungs as we interact.

“Show me a student with a powerful refined breathing practice, and I’ll show you a person undergoing rapid transformation.”

—Max Strom, *A Life Worth Breathing*

I’ll be the first to admit, I’m a hard-headed, stubborn, quintessential Capricorn who’s a very analytical and logical thinker. I was the type of person who needed to see it to believe it. Therefore, to believe that some silly breathing exercises could help heal my childhood trauma, melt away my anxiety, eradicate my panic attacks, give me million dollar business ideas and the motivation to carry them out, all while connecting me to a power that’s greater than me, seemed a bit absurd to say the least, especially after I had experienced the powers of plant medicine and psychedelics. However, my journey and my discovery forced me to believe otherwise. Therefore I highly suggest that you stick around so I can share with you everything I learned within the contents of this book. All the knowledge and tools disclosed to you in



these upcoming chapters have the power to transform your life if you put them into practice.

Don't worry, I hate boring books, so I'd never dare to write one; and, like you, I don't have time to read either. This is why I'm going to save you so much time and energy by giving you all the short-cuts, life-hacks, and everything you need to know about anxiety and healing with breathwork, all in one place, and in the most entertaining way possible. This book and my breathwork program are going to be nothing like you're expecting, but will be everything that you've been seeking. So buckle up and let's take this ride together. But before we begin this journey, I have something to say... **ANXIETY SUCKS!**



ANXIETY SUCKS!

Anxiety sucks! Plain and simple. It keeps us in our comfort zone and can truly ruin our quality of life, and we all have it to some degree. It's like spiritual sludge or black tar that drapes over us and prevents us from doing all the things we want to do that we know are good for us. I believe anxiety alone is the reason society drinks so much alcohol and does so many drugs. People just don't feel comfortable in their own bodies. Our system is so out of whack, and for so many different reasons (physically, chemically, and emotionally). Homeostasis is something we all seek; we just want to feel at home in our bodies: balanced, calm, clear-minded, and emotionally centered. Too many of us have this baseline "uneasy feeling," and we seek external stimuli to counterbalance this "off" feeling.

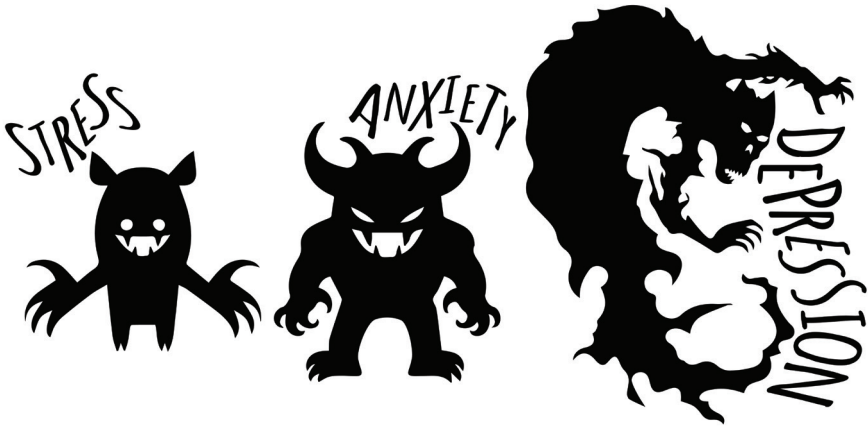
A drug and opioid epidemic is infiltrating the lives of many of our friends and family members. It affects more people than



you think too; it's just that some are better at hiding it. In all earnestness, I believe no one is addicted to drugs. I believe they're addicted to escaping reality. They need to find ways to numb themselves or shift states of consciousness to escape their default feeling. Our natural state is supposed to be a neutral baseline of peace and equanimity, yet our default feeling is stressed, heavy, and lethargic. We struggle to muster the strength, energy, and motivation just to maintain our physical health and chase our passions, something that should be fun, enjoyable, and come naturally. So we have to ask ourselves, WHY is this? Why are we told to thrive in life yet everyone is struggling just to survive and get through the day? Well, let's look at the facts.

THE AGE OF ANXIETY

Five years ago, I read a study by The World Health Organization that said by the year 2020, anxiety and depression would be the #1 disabilities worldwide. Well, we've entered this new decade and these statistics have fully manifested. We're clearly living within this prophesied epidemic, solidified in such a way that our current era is being called *The Age of Anxiety*. Anxiety is born from stress. Stress can be easily managed and dealt with, but when unchecked, it accumulates and grows into a new monster called anxiety. When that anxiety goes unchecked, it grows into an even bigger, scarier monster known as depression.



My mother was a high school dropout and teenage runaway who got mixed up in the streets at a young age. Eventually, she decided to fix her life and go back to school, then she attended college to become a school teacher. When she first started teaching, she dealt with severe anxiety that turned into panic attacks and fainting spells. When she saw doctors, they prescribed antidepressants. She slowly became dependent on these meds, unbeknownst to her at the time.

Fast forward 17 years, when my mother evolved and became more conscious. It finally dawned on her that she was never depressed in the first place and only had anxiety, so why did they give her antidepressants? With this new self-awareness and introduction of the world wide web, she awakened and decided to get off the meds and live a more healthy and natural lifestyle. Little did she know that there were very few cases of people who've been on those meds for that long and were able to come off without becoming suicidal, and that's exactly what happened...



She tried to consult with various doctors and professionals but quickly learned that no one really knew more about antidepressant drugs and what they did long-term than she did. My mother soon discovered she was the only real professional because she had first-hand experience experimenting with just about every antidepressant medication in existence over the past 17 years. She knew more about the drugs and what they did than the doctors, both the good and the bad. Doctors could only extract the knowledge she had gained from her experiences for their own education. The irony is that my mother was never depressed to begin with but became severely depressed and suicidal only when she decided to get off the meds. It took her six years to wean off the pills. She had many close calls when she tried to take herself out, but she finally beat the monster.

I share this story with you in case you suffer from depression. No matter who thinks they understand what you're going through, they have no idea. They have no idea how dark and lonely that place can be. I share that story to let you know that I have tremendous compassion for people who suffer from depression, because I walked this path with my mother and tried to help her every step of the way. There was only so much I could do. There are no words to explain the empty and hopeless feeling a person with depression has. It's as if the world is in living color and they are seeing everything in black and white.

This is all relevant because studies show that people are more depressed today than they were during the Great Depression, and this was *before* the Coronavirus outbreak. It's so important to develop a practice to nip stress and



anxiety in the bud now, before it evolves into something much worse down the road.

Unfortunately, the entire world is currently suffering from some form of S.A.D. (Stress, Anxiety, or Depression). In the next hour of you reading this, there will have been five suicides, and four out of the five will have been men. If you are male, or any gender thinking about committing suicide, hang in there, because I'm about to give you some life-changing tools to pull you out that quicksand so you can raise back up, stronger than ever.

According to an American Psychological Association survey, about one-fourth of Americans rate their stress level as 8 or more on a 10-point scale. In the U.S alone, over 40 million people suffer from some type of anxiety disorder. We're spending \$42 billion a year in treatment, and over 9 million people are taking sleep aids. Yet the world is still miserable and needs a cup of coffee to get through the day. We have to ask ourselves, what the heck is really going on?

The answer is repressed trauma, unresolved pain, and much-needed emotional healing, all of which are leading to the physical and spiritual suffocation of our world.



NO ONE IS BREATHING ANYMORE!

Although humans can't survive without breathing, you'd be surprised how many are breathing just enough to keep themselves alive. Studies and statistics show we are using less and less of our lung capacity over time. The more stressed the world becomes, the less we breathe. This sounds ludicrous to say, but it's true; I too was one of these people.

I remember sitting at dinner with friends; it was actually my birthday. A friend was talking, and while she was talking, I noticed I was holding my breath the entire time. I looked down at my hand and saw that my left fist was clenched in a tight ball. I remember looking at my fist, shocked, as if it wasn't mine and I was looking at someone else's fist. I immediately released the death grip that was holding onto nothing but thin air. When I did, I suddenly gasped and took



a deep breath, as if I had just surfaced from a deep sea dive. Nobody noticed this but me. Shortly following this self-realization, awareness began to emerge: “Was I just not breathing? How long was I holding my breath? Why the heck was I holding my breath? I wonder how long I’ve been doing this?”

“I’ve got to keep breathing. It’ll be my worst business mistake if I don’t.”

—Steve Martin

While pondering this all day and night, I suddenly had a flashback from about a year ago, around the same time as my birthday. I was getting a massage, and the massage therapist kept telling me to *relax* and unclench my fist. She must have asked me four or five times, but I unknowingly kept closing it again. Finally she asked me, “What’s going on, hon? What are you holding onto?” I trivialized my response and brushed it off, but in hindsight, she was onto something. Why was I clenching my fist? What was I holding onto?

I noticed that past year (or more), I was grinding my teeth, clenching my fist, and holding my breath... all while trying to live a normal and productive life. The question became WHY? What would cause someone to do this?

I later found that these types of unconscious behaviors are linked to one another. The breath-holding is a form of self-suffocation and self-sabotage that inadvertently allows toxins to accumulate in the body that directly affect our mental state and nervous system. The fist-clenching was me literally holding onto something I wasn’t ready to let go of (pain,



sadness, guilt, shame, or whatever), the emotional chains of the past. The teeth grinding was connected to indecision, the inability to process repressed emotions, along with the inaction of clearing that trauma out of my system.

I learned that everything was connected. When we have some form of unresolved trauma trapped in our body, it tightens up our diaphragms, clogs our energy channels, restricts our breathing, and causes tension in the body. However, these are just the beginning stages. If gone unchecked, these physical warnings can fester into worse conditions. This can go unnoticed for years. Only self-diagnosis through self-awareness will save you (this is key). Meaning, you could be suffering from all of the aforementioned right now and not even know it, because you either don't have a good sense of body-awareness, or you've shut off the switch in the brain a long time ago to cope with the pain. The brain is very good at doing this, not because it wants to harm you; it's the opposite. The brain protects you by any means necessary, even if it requires shutting off sensors in the body or burying unprocessed emotions deep in our tissues and unconscious mind to prevent pain and suffering. Since the breath is the physical manifestation of the energetic flow in our body, poor breathing habits are usually the first indication that something needs to be cleared from our energy field.

The entire world is in denial about forgetting how to breathe, and I don't blame them. If you were to tell someone, "Hey man, you're breathing all wrong," they'd look at you like you're the crazy one. The bottom line is you can't come up with a solution if you don't recognize the problem, because you can't fix something if you don't know it is broken. This



is why the breath is the last thing people look at, when it should be the first. The answer is hiding in plain sight and “right under your nose.”

At all my breathwork events, I have everyone take a deep breath on three. When they do, I can see everyone’s chest expand and stomachs suck in. This is a sign of respiratory distress called *paradoxical breathing*, and more people have it than those who don’t.

When taking a breath, the abdominal wall and the chest wall should expand and move out, not in. If you were to watch a fish, a dog, or a baby breathe, you would see when they inhale their belly rises (not sinks). As we get older, we experience trauma and begin to collect and store these emotions in the body, which causes this dysfunctional breathing. It also doesn’t help that men subconsciously tend to puff up their chest, and women tend to suck in their bellies.

Energy flows up from the pelvis and must travel through the diaphragm in order to get through to the heart. Our first defense area is our power center (stomach). If we sense danger to the emotional expression of this feeling, we will contract our diaphragm and shorten our breath to prevent feeling this emotion. This traps the energy in our Personal Power area and causes acute respiratory issues. We *think* we’re breathing just fine, when in fact the body is in distress and calling for help. We’re no longer expanding our diaphragms and breathing into the most powerful place in our entire body, the belly!



TRUST YOUR GUT

The main reason you should breathe into your belly is because most likely you're not breathing into it anymore. When we breathe low and slow into the belly, it's called *Diaphragmatic Breathing*, aka belly breathing. Your stomach is your power center! When a professional fighter wins a championship they don't give them a trophy for their mantel, they give them a belt that wraps around their waist. This belt symbolizes power. Your stomach is home to all your *chi*, *prana*, and vital life force energy.

Over 80% of your serotonin is produced in your gut, and over 80% of your immune system is in your gut. These two elements are the most significant elements that produce the two things we seek most: health and happiness.

Diaphragmatic breathing is the best type of breathing to relieve stress and anxiety, and this is the type of breathing



we focus on in the breathwork detox program. Diaphragmatic belly breathing is also very effective for grounding. Grounding is very important in becoming centered and balanced in the present. This is significant for anxiety since anxiety stems from constantly worrying about the future.

Humans are a bio battery where energy can be charged and stored. According to the famous Taoist Master, Mantak Chia, the gut is the only place in the body where this energy is stored. The chi (prana) in the stomach has positive and negative charges that can cultivate chi. Chi is our life force; it's our bioelectric magnetic power. The Chinese call it chi, Indians call it prana, and Americans call it energy, or electromagnetic power.

The University of California, Berkeley has found that hundreds of different bacteria in the human gut are electrogenic (they produce a change in the electrical potential of a cell). *Medical News Today* on September 13, 2018 posted an article stating that “a new study has made a surprising discovery: numerous gut bacteria of many kinds are able to generate electricity.” The article stated they're now looking for ways to develop alternative, more sustainable battery-like devices with this finding. This paper can also be found in the journal *Nature*.

In the practice of Tai chi, acupuncture, and Chinese medicine, the area behind the belly button is called the “windgates.” This is the area where all the body's chi flows in and out. If you press down on this area in your tummy and it hurts, it's a good indication that you have *stagnant chi*. This means your windpipe is blocked and old chi cannot leave, which means



new chi cannot enter. If this is the case, your entire digestive system, peristalsis, nutrient absorption, and elimination slows, which affects your energy levels and mental clarity.

Your stomach and digestion are crucial to your health and well-being. When detoxing, naturopathic doctors will always say you should do a colon cleanse before any type of detox such as liver, kidney, blood, etc. If you want to cleanse the mind, you must cleanse the gut first. The brain and the gut are interconnected; when a patient suffers a traumatic brain injury, within two hours they also have leaky gut syndrome.

The stomach is known as the second brain. There is an intelligence in the gut, which is why you've probably heard the phrase, "trust your gut." You've never heard someone say "trust your elbow" or "trust your liver." There's a technology in the gut that is pivotal to your energetic makeup and intuition. When you listen to your gut feeling, you are tapping into the intelligence of your body and your emotions.

"In religion we call it spirits. In science we call it energy. In the streets we call it vibes. Whatever you call it, all I'm saying is trust it."

—Unknown

Science has not fully discovered the intelligence of the gut. In 2016, they discovered a new organ in the gut never acknowledged before. It's called the *mesentery*, which controls all digestion, absorption, and elimination. You're probably thinking exactly what I was thinking when I heard this: "How the heck did it take them so long to discover an



entire organ? Where was it hiding? And how can an organ with such significance be overlooked for so many years?"

There is so much that western science chooses not to acknowledge due to traditional teachings and outdated core beliefs. One of the most astounding and unacknowledged findings is the knowledge of *kundalini*, *nadis*, and *chakras*, which breathwork directly affects. Our sacral chakra, also known as our sexual chakra, is located in the belly around the navel. When we have stomach issues or prana/chi blockages in that area, chances are we have some sort of sexual dysfunction as well because the two are synonymous. The goal is to get our sexual energy (kundalini energy) and our heart energy in sync and flowing to one another so deep healing can occur.

People don't understand how interconnected, intelligent, and significant the stomach is for health and vitality. We've lost touch with our power and forgotten how to breathe. By doing so, we're faced with the challenge of ignorance, because you can't fix something if you don't think there's anything wrong with it. I can say this with confidence. I was this person who didn't think anything was wrong with me. I was young, healthy, and in shape, but unbeknownst to me, my engine light was on, my transmission was slipping, and my gas tank was running on fumes. Little did I know it was only a matter of time before my system would crash and break down.



PUNCHED IN THE GUT

“Everyone has a plan until they get punched in the face.”

—Mike Tyson

When I visited India, just a few days after returning I was sitting at my computer. Out of nowhere, I felt like I got punched in the stomach. This feeling stopped me in my tracks. After about a week of discomfort, I finally went to the doctor and had an ultrasound done. They couldn't find anything wrong with me. However, not long after, when I began to eat food, I would get deathly sick and extremely lethargic afterward. This forced me to change my diet to lighter foods. Slowly I went from carnivore, to pescatarian, to vegetarian, then to vegan for eight months, before becoming a flexitarian (conscious eater).

The stomach pain I had experienced soon transformed into a strange tingling sensation in my belly that would make my entire body vibrate and my tongue taste like there was metal in my mouth. Doctors thought I was crazy, but it felt as if there were hundreds of spiders crawling inside my stomach. I was convinced I had heavy metal poisoning or contracted parasites from traveling to India. However, the doctors couldn't find any traces of heavy metals or parasites, so they ordered various other tests to properly diagnose me. This included stool, blood, urine, and hair tests. They found nothing! The conditions were getting worse and I started to lose large amounts of weight. I began electing for discovery surgeries, such as a colonoscopy, endoscopy, and I even swallowed two giant pills that were cameras that could look



inside my small intestine. Again, they found nothing and started sending me to specialists such as neurologists and gastrointestinal (G.I.) experts. All my tests came up negative, so I began demanding double-testing and second opinions and still came up empty-handed. One day a doctor told me, “Kurtis, I’m sorry, but there’s nothing we can do for you anymore. To be honest with you, you’re healthier than I am.”

That is the worst thing a doctor can tell you when you are suffering and in pain. They believed I was psychosomatic. As crazy as it sounds, deep down I was actually waiting and wanting a doctor to tell me that I had some crazy disease. To me, it would have been better than everyone thinking it was all in my head while I suffered internally. The pain was mysterious and enigmatic. Realistically speaking, on the physical pain scale from 1-10, mine was probably a 6, but the strange feeling that it was giving me and the thoughts it was provoking made it a solid 10. It was such a foreign feeling, and something I had never felt before. If I could describe it in just one word, I would call it TORTUROUS!

This caused me to embark on a personal healing journey around the world, which led me to some of the most profound alternative modalities on the planet. I took classes, courses, and was trained by everyone from holistic doctors to shamans. I began collecting certifications: NLP, Life Coaching, Hypnotherapy, Reiki I, Reiki II, Reiki Master, Avatar Masters Course, International Sports Science & Fitness, you name it! But nothing seemed to work for me. I drank ayahuasca 14 times, smoked DMT, Changa, and Bufo. I fasted for 21 days and did the most robust parasite cleanses on earth. I even had shamans burn me with tiny sticks and put frog



venom on the open wound, which causes you to start vomiting the bile and toxins from the body (gross—I know). The point is, I was dedicated, dedicated to discovering the most profound healing modalities on the planet to seek relief. I felt I did everything I could, even if it was bizarre and invasive, because when you are desperate you will try anything.

I was so desperate that one day I just said, “Enough!” I checked myself into the E.R. and asked the doctors for an emergency surgery where they would cut open my stomach just to see what was inside. I was convinced it was some highly-intelligent stealth-parasite that knew how to evade human medical technology, possibly a new species never discovered before by mankind. However, the doctors wouldn’t do the surgery, and I’m glad they didn’t, because what I discovered next changed my world forever!

I hope you enjoyed this free sample of Breathwork Detox - How To Thrive in The Age of Anxiety. Be sure to scan the image below if you wish to continue this journey.

I look forward to breathing with you and your friends at my next LIVE virtual Breathwork Detox event. :)



Feel free to text me directly for more info:

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"Breathwork is like 20 years of therapy in one day without saying a word"

Breathwork is the new yoga; it's meditation for people who don't like to meditate, the overthinkers and impatient ones who don't want to wait for results. There is a breathwork revolution on the rise, and everything you need to know about breathwork is in this book!

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We are using less and less of our lung capacity over time. The more stressful the world becomes, the less we breathe. We're not just suffering from physical suffocation but also spiritual suicide. Many people are stuck in the rat race, not living their true life's purpose. Now, more than ever, people need a tool to cope with stress and anxiety so they can thrive in a time when other people need them the most.

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KURTIS LEE THOMAS is a world-class keynote speaker and corporate mindfulness trainer who awakens the best in people by raising consciousness and productivity in the workplace. He's spoken at the largest consciousness expositions in the world, some of the top colleges in the U.S., and multiple Fortune 500 companies. As a mindfulness mentor to celebrities, Kurtis has dedicated his career to the powerful communion of mind, body, and energy healing for executives and corporations around the world.

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