



Breathe (2024)

## Description

### A Dystopian Thriller That Takes Your Breath Away

"Breathe" (2024) is a gripping science fiction thriller [directed](#) by **Stefon Bristol**, featuring a [star-studded cast](#) that includes **Jennifer Hudson**, **Milla Jovovich**, **Quvenzhan Wallis**, **Common**, and **Sam Worthington**. Set in a dystopian future where Earth has become uninhabitable due to a catastrophic drop in oxygen levels, the [film explores themes](#) of survival, motherhood, and resilience in the [face](#) of overwhelming odds.













The story follows **Maya** (played by Jennifer Hudson) and her daughter **Zora** (Quvenzhan Wallis), who are forced to live underground to escape the toxic atmosphere. Their only means of survival during brief excursions to the [surface](#) is a state-of-the-art oxygen suit designed by Maya's husband, **Darius**, whom she believes to be dead. As they navigate this perilous world, Maya's determination to protect her daughter and uncover the truth about her husband's fate drives the narrative forward.

"Breathe" is not just a [road trip movie](#); it is a celebration of music and the connections it fosters. The [film features](#) an extraordinary soundtrack that blends various musical styles, enhancing the [emotional depth](#) of each scene. Critics have praised the film for its authentic portrayal of young people and the [challenges](#) they face, noting that it poetically captures their experiences in a way that resonates deeply with audiences.

The film's pacing is relentless, with heart-pounding sequences that keep viewers on the edge of their seats. Critics have noted that "Breathe" effectively combines action and emotional depth, showcasing the bond between mother and daughter as they face life-threatening challenges. The [cinematography captures](#) the stark contrast between the dark, claustrophobic underground and the harsh, desolate

surface, enhancing the film's tension.

Jennifer Hudson delivers a powerful performance as Maya, embodying both vulnerability and strength. Quvenzhan Wallis shines as Zora, bringing a youthful innocence to the harrowing circumstances they face. The supporting cast, including Milla Jovovich and Common, adds depth to the story, creating a rich tapestry of [characters navigating](#) this bleak reality.

## Positive Aspects

### 1. Interesting Concept:

- The film's premise of a world with depleted oxygen levels is intriguing and sets up a fascinating thought experiment. The initial setup and the dystopian scenario are compelling [4 5](#).

### 2. Important Message:

- "Breathe" carries an important environmental message about the consequences of neglecting our planet. It emphasizes the need to take care of the Earth for future generations [6](#).

## Negative Aspects

### 1. Weak Script:

- The screenplay by Doug Simon has been widely criticized for its poor execution. Critics have pointed out that the [script](#) is dull, banal, and filled with inconsistencies. The dialogue often fails to convince, and the story lacks coherence [7 8 9 10](#).

### 2. Inconsistent Tone and Pacing:

- The film struggles with maintaining a consistent tone and pacing. While the concept is solid, the execution falters, leading to a disjointed narrative. The movie feels rushed in resolving conflicts and fails to develop a coherent allegory [11](#).

### 3. Underdeveloped Characters:

- The characters in "Breathe" are not well-developed, making it difficult for the audience to connect with their actions and motivations. This lack of depth detracts from the overall impact of the film [12 13](#).

### 4. Disappointing Direction:

- Stefon Bristol's direction has been criticized for not bringing the script to life effectively. The film's visual style and direction fail to impress, and the use of an orange filter in outdoor scenes has been noted as a poor choice [14](#).

### 5. Lack of Suspense and Emotional Impact:

- Despite being a thriller, "Breathe" fails to generate significant suspense or emotional engagement. The thriller elements are unappealing, and the film struggles to land emotional beats and create heated moments of conflict [15 16](#).

## Mixed Reviews

### 1. Mixed Bag:

- Overall, "Breathe" is seen as a mixed bag. While some parts are engrossing, others are thin or underdeveloped. The film has moments of potential but ultimately falls short of being a

cohesive and compelling thriller [17](#).

2. **Visual and Cinematic Elements:**

- The cinematography is noted for being rich, but the overall visual presentation is not particularly impressive. The film’s aesthetic choices, such as the orange filter, have received mixed reactions [18](#) [14](#).

User ratings for “Breathe” reflect a mixed reception, currently holding a score of **3.9/10** on IMDb. While some viewers appreciate the film’s ambitious premise and strong performances, others criticize it for its pacing and reliance on familiar tropes within the dystopian genre.

**Factual Table:**

Aspect	Details
Title	Breathe (2024)
Director	Stefon Bristol
Runtime	1 hour 33 minutes
Themes	Survival, Motherhood, Dystopia
User Ratings	IMDb: 3.9/10, Rotten Tomatoes: 75%
Recommended <b>For Fans of Dystopian Thrillers</b>	

In conclusion, “Breathe” is a thought-provoking thriller that delves into the human spirit’s resilience in the face of adversity. With its [compelling performances](#) and a [gripping storyline](#), it offers a fresh take on the dystopian genre. Fans of [action-packed narratives](#) and emotional depth will find this film to be a worthwhile watch.

**Frequently Asked Questions**

**What is “Breathe” about?**

“Breathe” follows Maya and her daughter Zora as they navigate a dystopian world where oxygen levels have plummeted, forcing them to live underground and rely on a special oxygen suit for survival.

**Is “Breathe” suitable for all audiences?**

The film is rated PG-13, indicating it may contain material that is not suitable for children under 13, including violence and intense themes.

**Who directed “Breathe”?**

The film was directed by Stefon Bristol, known for his work in the science fiction genre.



## How does this film compare to other dystopian thrillers?

“Breathe” combines action with emotional storytelling, focusing on the relationship between a mother and daughter in a world where survival is a daily struggle.

## Where can I watch “Breathe”?

“Breathe” is available for streaming on various platforms, including rental services like Apple TV and MovieFone.

## Sources

- IMDb: [Breathe \(2024\)](#)
- Rotten Tomatoes: [Breathe \(2024\)](#)
- Wikipedia: [Breathe \(2024 film\)](#)
- Common Sense Media: [Breathe \(2024\) Review](#)

In summary, “Breathe” is a compelling exploration of survival and the lengths a mother will go to protect her child in a world stripped of its most essential resource.

## CATEGORY

1. Reviews
2. Movies

## POST TAG

1. Breathe 2024
2. Drama
3. Film
4. movie
5. thriller

## ACTOR

1. Jennifer Hudson
2. Milla Jovovich
3. Quvenzhané Wallis

## DIRECTOR

1. Stefon Bristol

## GENRE

1. Action
2. Mystery
3. Science Fiction

4. Thriller

## RATING

1. 3

## STREAMING-PLATFORM

1. iwatchonline

## MOVIE YEAR

1. 2024

## Category

1. Reviews
2. Movies

## Tags

1. Breathe 2024
2. Drama
3. Film
4. movie
5. thriller

## Date

2025/07/03

## Date Created

2024/08/28

## Author

maryagates