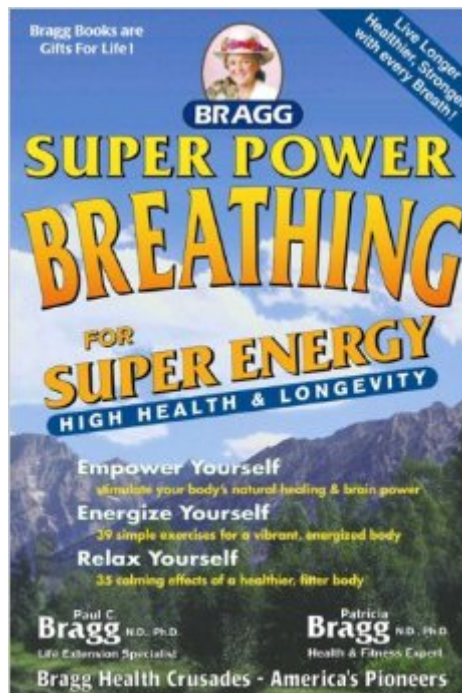


The book was found

Super Power Breathing: For Super Energy, High Health & Longevity (Bragg Super Power Breathing For Super Energy)



Synopsis

Breathing deeply, fully and completely calms energizes and fills you with peace and keeps you youthful. In the book are some simple exercises for energizing and rejuvenating the body, detoxifying and purifying the blood and calming the nerves.

Book Information

Series: Bragg Super Power Breathing for Super Energy

Paperback: 200 pages

Publisher: Bragg Health Sciences; 23 edition (February 12, 2008)

Language: English

ISBN-10: 0877901201

ISBN-13: 978-0877901204

Product Dimensions: 6.2 x 0.6 x 9.1 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (17 customer reviews)

Best Sellers Rank: #183,206 in Books (See Top 100 in Books) #27 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory #176 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy #395 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation

Customer Reviews

Love this book. Very in-depth. Covers more than just breathing; this book is about a lifestyle change to better your health. I've personally written a book on breathing that is for singing, and I am working on another breathing book for over-all health. Once that book is finished I will definitely be mentioning Bragg's Super Power Breathing in my liner notes as a must-read for fans of my writings. If you want to improve your quality of health and quality of life, check out the entire Bragg's line...Start with this book and you'll be happy:)

yes, the book is relatively not big, but 200 pages in it cover amazingly a lot of advise, tips, on healthy living and healing. It's well beyond power breathing techniques, a lot of different important exercises for different purposes, not difficult to do, very effective and proven to work. Highly recommend! Paul Bragg Fasting book is also a goldmine to keep every person healthy. It's a proven FACT: the less you eat, the better your health is!

All of Bragg's books are fantastic. They are simply written, what they say works, they are inspiring. They are a model for what a good book on health would look like. The very few parts they leave out are covered in There Are No Incurable Diseases: Dr. Schulze's 30-Day Cleansing & Detoxification Program and Common Sense Health and Healing. I would add Breathe Deep Laugh Loudly: The Joy of Transformational Breathing. I took a course with one of her students, Robert Wynn, who noted that if your breathing is 30% efficient, your life is 30% efficient. This book seems like far less than it actually is. Breathing is how we get our most important nutrient, the better you are at it, the healthier you are. This is a good book.

A great book about the necessity and many benefits of breathing fully and deeply. Filled with easy to understand explanations of how most people breathe incorrectly and tips on remedying this problem this book turned out to be much better than I expected. Of course, there was a healthy amount of fluff and repetition throughout (there's only so many ways you can say fully oxygenating your body is important) but I didn't find it too annoying. The information in this book immediately took an effect on me as I found myself practicing the breathing exercises, taking notes and even correcting my posture while I read. I already knew the importance of practicing deep breathing for health and vitality but this book took it to a whole new level for me. I highly recommend this book for anyone concerned about their health and overall well-being. Tony Rogers Jr Author of Visionary: Making a difference in a world that needs YOU

I am very biased towards any product by Paul & Patricia Bragg. Their "phylosophy" about how to live a healthier life suits me.

Good information that has been around for a long time. Easy quick read. Good reminder.

very informative and just what I ordered. Received it in no time at all and got my moneys worth.

I purchased this book as a gift and the person who received it was very happy with it.

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