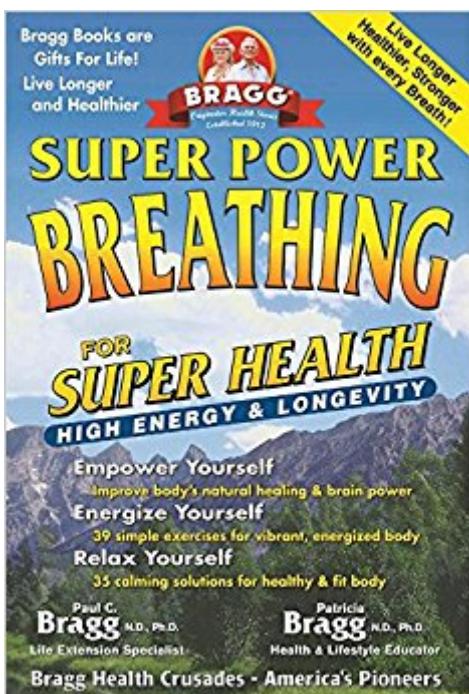


The book was found

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: 4.1 out of 5 stars 22 customer reviews

Best Sellers Rank: #163,313 in Books (See Top 100 in Books) #26 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory #144 in Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy #343 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation

Customer Reviews

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 (theres 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 love the Bragg books and this one is no exception. I find myself actually taking longer deeper breaths now. Usually a book with this much fillers and repetition would be annoying but the repletion

is needful; at least for me. The more I read about changing my life style, the more it sinks in. Great motivational book with very needful practical advice.

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

Excellent ideas. Now, to incorporate them!

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:)

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

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

Super wise and very inspirational

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Breathing Series, Book 2) The Nordic Secrets For Perfect Health! Scandinavian Rxs For Health, Happiness and Longevity! Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications The Longevity Kitchen: Satisfying, Big-Flavor Recipes Featuring the Top 16 Age-Busting Power Foods [120 Recipes for Vitality and Optimal Health] The Mediterranean Zone: Unleash the Power of the World's Healthiest Diet for Superior Weight Loss, Health, and Longevity Solar Power: The Ultimate Guide to Solar Power Energy and Lower Bills: (Off Grid Solar Power Systems, Home Solar Power System) (Living Off Grid, Wind And Solar Power Systems) High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High Bl) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) Longevity Now: A Comprehensive Approach to Healthy Hormones, Detoxification, Super Immunity, Reversing Calcification, and Total Rejuvenation Super Joints: Russian Longevity Secrets for Pain-Free Movement, Super Joints: Russian Longevity Secrets for Pain-Free Movement, Maximum Mobility & Flexible Strength

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