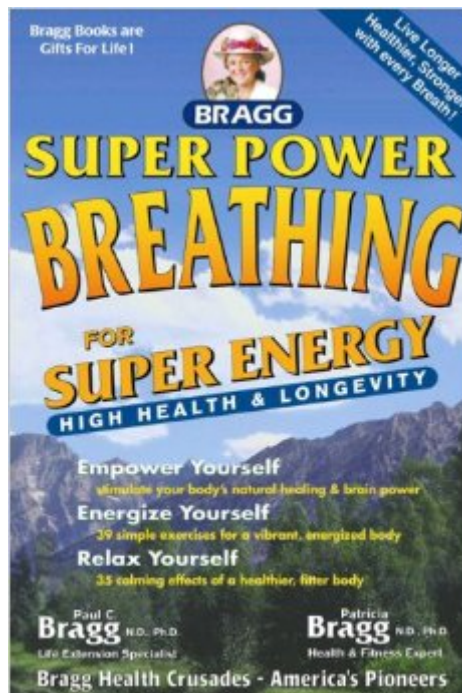


The book was found

# 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.

[Download to continue reading...](#)

Super Power Breathing: For Super Energy, High Health & Longevity (Bragg Super Power Breathing for Super Energy) Apple Cider Vinegar: Miracle Health System (Bragg Apple Cider Vinegar Miracle Health System: With the Bragg Healthy Lifestyle) Super Power Breathing: For Super Energy High Health & Longevity Super Power Breathing For Super Energy Super Mario: Ultimate Jokes &

Memes for Kids! Over 150+ Hilarious Clean Super Mario Jokes! (Nintendo Memes, Nintendo Jokes, Super Mario Jokes, Super Mario Memes, Super Mario Bros) 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 BI) 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) Qi Gong for Total Wellness: Increase Your Energy, Vitality, and Longevity with the Ancient 9 Palaces System from the White Cloud Monastery 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, Maximum Mobility & Flexible Strength The Healing Cuisine of China: 300 Recipes for Vibrant Health and Longevity The Root of Chinese Qigong: Secrets of Health, Longevity, & Enlightenment Dr. Perricone's 7 Secrets to Beauty, Health, and Longevity: The Miracle of Cellular Rejuvenation The 9 Steps to Keep the Doctor Away: Simple Actions to Shift Your Body and Mind to Optimum Health for Greater Longevity Senior Fitness: The Diet and Exercise Program for Maximum Health and Longevity The Longevity Project: Surprising Discoveries for Health and Long Life from the Landmark Eight-Decade Study The Most Effective Ways to Live Longer: The Surprising, Unbiased Truth About What You Should Do to Prevent Disease, Feel Great, and Have Optimum Health and Longevity Essential Oils For Beginners: Essential Oils For Beginners: How To Use The Essential Oils To Maximize Your Health And Longevity (Essential Oils And Aromatherapy) (Volume 1) Ayurvedic Secrets To Longevity and Total Health 500 High Fiber Recipes: Fight Diabetes, High Cholesterol, High Blood Pressure, and Irritable Bowel Syndrome with Delicious Meals That Fill You Up and Help You Shed Pounds!

[Dmca](#)