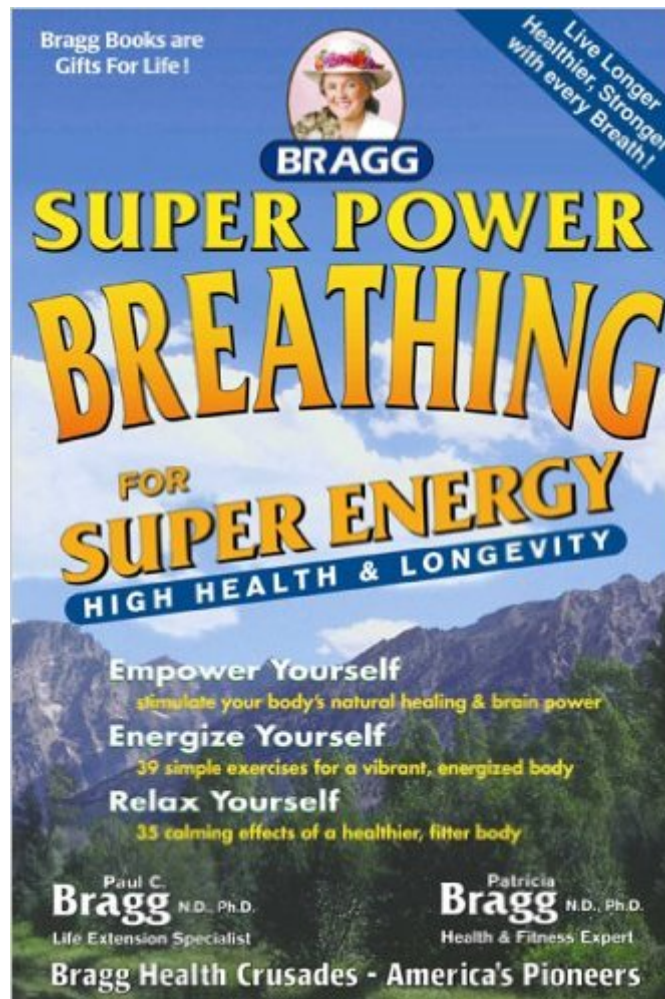


The book was found

Super Power Breathing: For Super Energy High Health & Longevity



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

Paperback: 200 pages

Publisher: Bragg Health Sciences; 222nd Edition edition (July 8, 2005)

Language: English

ISBN-10: 0877900213

ISBN-13: 978-0877900214

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 12 ounces

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (3 customer reviews)

Best Sellers Rank: #1,258,695 in Books (See Top 100 in Books) #164 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory #245786 inÂ Books > Textbooks

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

A lot of the Bragg books are similar, this one is good and there is a vegetarian cookbook thats worth getting. I like the Apple cidar vinegar book, but again there is a lot of repetition.

very important info.

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Super Power Breathing: For Super Energy, High Health & Longevity (Bragg Super Power Breathing for Super Energy) 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) 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) 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) Solar Power: Proven Lessons How to Build Your Own Affordable Solar Power System: (Energy Independence, Lower Bills & Off Grid Living) (Self Reliance, Solar Energy) Solar Power: How to Save A LOT of Money the Easy Way (Solar Power, Save Money, Solar Energy, Solar, Sustainable Energy, Sustainable Homes, Sustainability) Wind Power Guide - how to use wind energy to generate power (OneToRemember Energy Guides Book 1) Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power 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 Luigi: Ultimate Jokes & Memes for Kids! Over 150+ Hilarious Clean Luigi Jokes! (Nintendo Memes, Nintendo Jokes, Super Mario Jokes, Super Mario Memes, Super Mario Bros, Luigi Memes, Luigi Jokes) The Glycemic Load Diet Guide: With High Fiber: High Protein: Complex Carbs: Low Gi Weight Watcher Point + Nutritious Recipes: Lose Weight Not Energy Breathe: Restore Natural Breathing According to Your Body's Design and Improve Physical, Mental, and Emotional Health Low Carb Casseroles BOX SET 2 IN 1: 38 Super Satisfying Low Carb Casseroles That Will Amaze Your Family: (low carbohydrate, high protein, low carbohydrate ... diet for dummies, low carb high fat diet) Solar Electric Power Generation - Photovoltaic Energy Systems: Modeling of Optical and Thermal Performance, Electrical Yield, Energy Balance, Effect on Reduction of Greenhouse Gas Emissions The Healing Cuisine of China: 300 Recipes for Vibrant Health and Longevity The Root of Chinese Qigong: Secrets of Health, Longevity, & Enlightenment