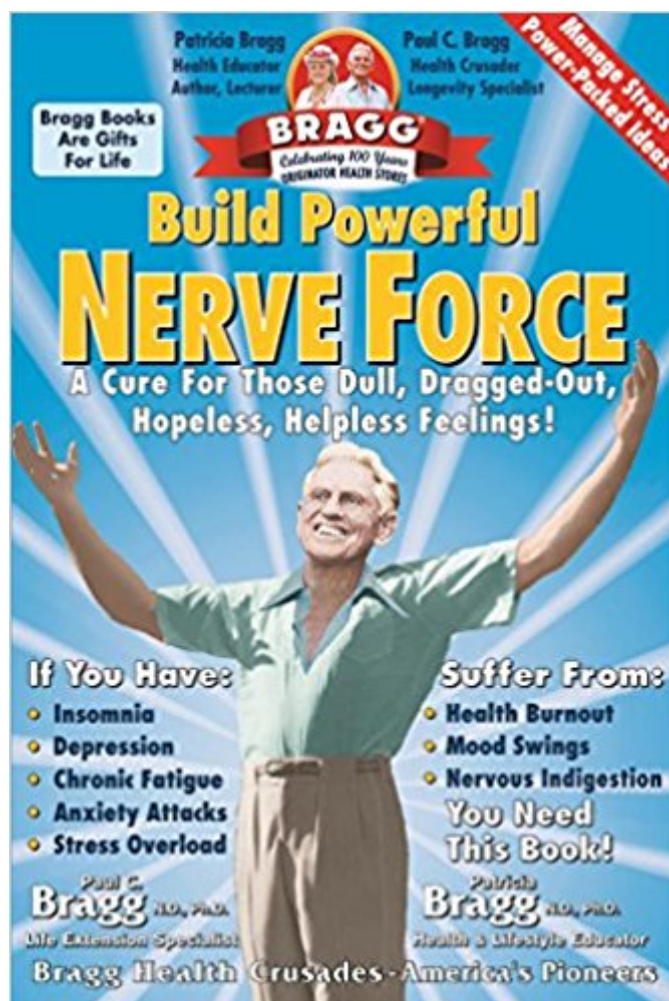


The book was found

Build Powerful Nerve Force: Cure For The Dull Dragged-Out Hopeless, Helpless Life



Synopsis

Millions of healthy, happy followers have learned to control their Vital Nerve Force-The Bragg Healthy Way. This book provides prevention, health, maintenance-All in one book! You NEED this book if you have: stress overload, chronic fatigue, insomnia, depression, nervous indigestion, anxiety attacks, mood swings and general health burnout.

Book Information

Paperback: 208 pages

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Average Customer Review: 4.3 out of 5 stars 19 customer reviews

Best Sellers Rank: #166,542 in Books (See Top 100 in Books) #94 in [Books > Science Fiction & Fantasy > Science Fiction > History & Criticism](#) #459 in [Books > Humor & Entertainment > Movies > History & Criticism](#) #567 in [Books > Self-Help > Stress Management](#)

Customer Reviews

I knew most of these things but nice to have a book to refer to. Paul Bragg was a pioneer in natural healing and this is a good book for someone that needs to begin to learn about it. They are short and to the point and good information that is easy to understand.

I read the book and I am still not quite sure what he means by nerve force. Despite that, the book give fantastic all around information and I would highly recommend it to anyone who struggles with back pain, immune system disorders, generalized pain, anxiety or/and stress!

this is my personal favorite bragg book my mother loves this book and she doesnt usually read health books when she read one sentence from the book she had to have it so i just ordered another one because i was only halfway through it and she had to have it and so do i so im re-ordering thanx Patricia peace,love and blessings to you and your health crusaders!

Each of the Bragg books has a subject, but all you need is one of their books to get the general idea

that runs through and is repeated in all the Bragg books. If you have the money buy 'em, if not just one book will be sufficient. The info and motivation in the books will peak your interest though the health plan may not be everyones cup of tea.

What is Nerve Force and why should you care about it? According to the Braggs, Nerve Force is a type of "life energy". It is energy stored in the nerves. It exists as a vital energy in the muscles, organs and mind. The more Nerve Force you have and the quicker you're able to re-charge it, the healthier, happier, stronger and more satisfying a life you will lead. So Nerve Force is right up there with chili cheese dogs for maintaining an optimum healthy lifestyle. (Haha, you can tell I'm joking because as anyone knows it's chili cheese dogs with extra onions that contribute to an optimum lifestyle.) Ahem, yes. Sorry. Anyway, if the idea of Nerve Force makes sense to you, and you are looking to increase it, then you might want to give this book a shot. It's modestly priced. The Braggs wrote everything in a very simple language, if you can digest "People Magazine" then you could probably work out the ideas in this book. And it's brimming with helpful hints, some of which actually are helpful. For example: Chapter 1 has such sub-chapter headings as: ***The Secret of Nerve Force*** There is no mental health without powerful, healthy Nerve Force ***Danger Signals of Low Nerve Force*** A strong mind in a strong body ***Make your body worry-proof*** Good posture promotes healthier nerves Chapter 2 has such sub-chapter headings as: ***Physical and Mental deterioration*** Impaired metabolism causes body imbalance ***Feed your nerves, don't destroy them*** There are six basic fears ***Faith vs. Fear*** Your body's command center ***Lower your blood pressure naturally Chapter 9 has such sub-chapter headings as: ***How to relax the nerves*** For easier flowing bowel movements ***Steps to conserve your Nerve Force*** Avoid Arguing ***Happy feelings are internal smiles*** Learn to live joyously with yourself There are 9 other chapters that cover topics like sleeping, diet, deep breathing, spiritual health, proper bathing and the biochemistry of mental health. The information here is mostly sound as far as I can tell, but it's nothing new or original. The Braggs advocate healthy eating and sleeping, exercise, use of support groups, spiritual development and other common sense methods for improving one's health and outlook. They discuss supplements a bit, and pepper the book with inspirational quotes from great minds like Ralph Waldo Emerson, Hippocrates, Epictetus, Ghandi, Jonathan Swift, and Thomas Jefferson. They warn against aspartame and chlorinated water and anything they consider unnatural and enjoin you to take cold showers and brush your skin with a vegetable brush, as they feel both are natural tonics and will build Nerve Force. There are a couple of red flags. The book was published in 2002, so I'm not sure how up to date all the info is. They recommend drinking

distilled water, but I've read that distilled water, lacking natural minerals, is not very healthy for you. It may also have an acidic Ph level. Also, the few photos of Paul Bragg look sort of...retouched. They just don't look right. He almost looks like a wax figure in some of them. What could demonstrate the effectiveness of the program better than some clear, unimpeachable photographs of the program's creator? Another red flag is that they don't mention in the book that Paul Bragg is dead. I've read that he died of a surfing accident at the age of 95. Why isn't this mentioned in the book? Sure if he died after the 2002 printing they may not have wanted to run off another printing just to mention that little fact. But it seems like they should have. The book doesn't seem like it was written by Paul Bragg, but by his daughter Patricia. Paul is usually mentioned in the past tense. It's just odd enough to make me wonder. All in all I'd say you can find about 90% of the info in this book in a year's subscription to a magazine like Men's Health, which also has trendy recipes, sex and money articles and interviews with cute female athletes. But it's convenient to have all this info collected together in one place. And the Bragg(s) advocate the simpler, healthier lifestyle that would probably improve the lives of most Americans. So go ahead and give this book a look-see. For the price you might find it helpful, and if you don't you can always return it.

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

love it!

Good

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