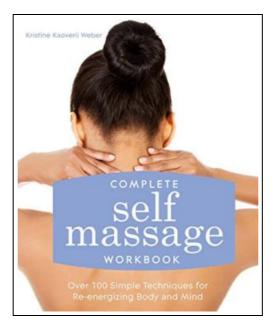
## Complete Self Massage Workbook: Over 100 Simple Techniques for Re-Energizing Body and Mind



Filesize: 1.28 MB

## Reviews

A fresh e book with an all new viewpoint. It is really simplistic but unexpected situations in the 50 % from the book. Once you begin to read the book, it is extremely difficult to leave it before concluding. **(Dawn Hane)** 

## COMPLETE SELF MASSAGE WORKBOOK: OVER 100 SIMPLE TECHNIQUES FOR RE-ENERGIZING BODY AND MIND



PAVILION BOOKS, United Kingdom, 2015. Paperback. Book Condition: New. 263 x 193 mm. Language: English . Brand New Book. If we re suffering from stress, have a headache or simply feel listless, most of us tend to reach for the aspirin. The Complete Self Massage Workbook offers a great alternative: 100 quick-and-effective exercises designed to relieve stress and other minor health problems. Drawing on Taoist studies as well as shiatsu, reflexology and Indian Head Massage, Kristine Kaoverii Weber shows you how to harness the healing power of self-massage. All the techniques are explained with step-by-step pictures alongside clear instructions, so they re easy to understand and perform. Plus, each exercise focuses on accessible areas of the body - hands and feet, face and head, neck, shoulders and lower back - making them ideal for use in the office, at home and even when travelling. This is the perfect self-help guide for anyone interested in improving their physical, mental and emotional wellbeing through the healing power of touch.

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