



## The Beginners Guide to a Tennis Ball Massage (Paperback)

By Luana Wessly

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.You might not believe me if I tell you that general body stiffness and aches can be handled effectively at home. You do not have to run to a physician for painkillers or to a physiotherapist for various lengthy exercise sessions. But this book is precisely about that! This book will train you on how you can use a simple tennis ball to relieve the common aches you experience almost every other day. Yes, you have read it right - a tennis ball! It is a simple, natural and fuzzy trick to ease your pain. Struggling with stiff muscles? Experiencing tired feet after battling your way through traffic? Feeling excessive tension in your hips and lower back after a long day at work? Tennis ball Self massage is the answer! A rational mind always wants scientific answers to all that we see and hear. Thus, the first chapter is dedicated to the science behind this massage therapy. As you keep reading on, you will find enough information on how you can use a tennis ball to relieve yourself.



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