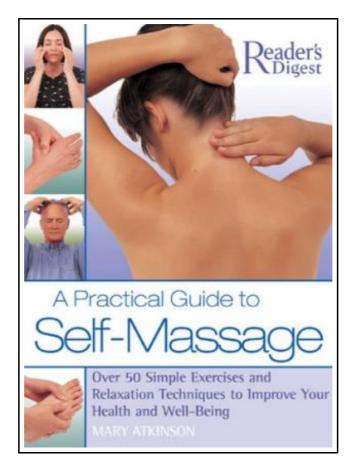
A Practical Guide to Self-massage: Over 50 Simple Exercises and Relaxation Techniques to Improve Your Health and Well-being (Hardback)



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Reviews

This book will not be straightforward to start on studying but really fun to read. it absolutely was writtern really flawlessly and helpful. You can expect to like just how the writer write this publication. (Glenna Goldner)

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Reader s Digest (Australia) Pty Ltd, Australia, 2006. Hardback. Book Condition: New. 266 x 200 mm. Language: English. Brand New Book. Ten basic tried-and-true massage techniques are explained and illustrated with clear color photos--all reinforced with checklists and helpful tips. Once you master the key healing strokes that invigorate and stimulate circulation, follow the in-depth daily and weekly programs to maintain and improve your health. This remarkable handy guide will help you tackle everyday complaints wherever you are: - At home, manage sore feet, weary legs, hangovers, puffy ankles, and premenstrual stress, or use the revitalizing and relaxing massages to unwind after a busy day- On the move, learn to cope with anxiety, indigestion, cold hands, jet lag, and shopping-bag strain- At work, relieve tension headache, stiff necks and shoulders, eyestrain, and concentration dipsThe emphasis throughout is on simplicity and the benefits of being in charge of your own on-the-spot relief. Once these programs become part of your routine, you ll wonder how you ever got along without them!.

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