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Massage: The Best Massage Techniques from Around the World (Paperback)

By Ace Mccloud

Pro Mastery Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Are you tired of tense muscles, unnecessary stress and constant pain? Whether you want to (1) learn about the different types of massages available, (2) decide what type of massage will best suit your needs, or (3) get help in finding the right therapist, this book will teach you everything you need to know. Discover the techniques employed by each of the major types of massage therapy. For each massage therapy described in this book, I provide information on its origin as well as the primary techniques that are used to provide treatment. I also explain what the patient will experience during their appointment and what sort of training is required of the therapeutic practitioner. If you are looking to find the best type of massage therapy that will suit your individual needs, then this book will serve you well. Massage can relieve pain and stress from a variety of different ailments and conditions. The hands of a trained massage therapist can accomplish wonders. While I would be quick to say that massage therapy is not a cure-all, if people only knew how...



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Reviews

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Without doubt, this is actually the best operate by any article writer. Indeed, it can be perform, nonetheless an interesting and amazing literature. Its been written in an exceedingly straightforward way in fact it is only soon after i finished reading through this book through which in fact changed me, modify the way in my opinion.

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