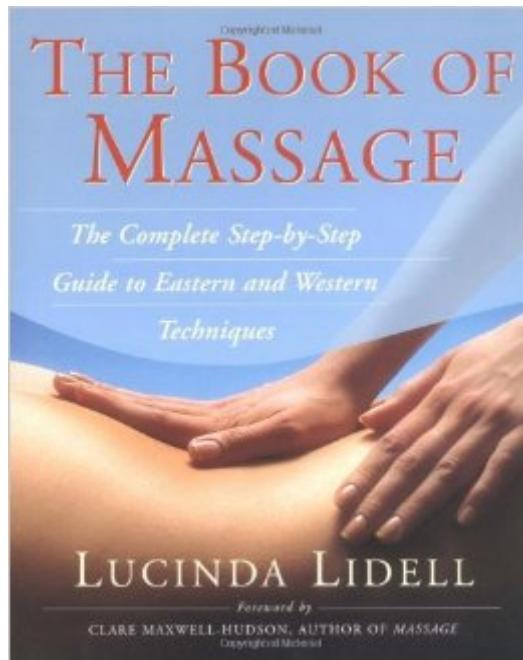


The book was found

The Book Of Massage: The Complete Step-by-Step Guide To Eastern And Western Technique



Synopsis

A beautifully illustrated introductory guide to the healing powers of a massage, from traditional massage to shiatsu and reflexology. The Book of Massage is the classic guide to the relaxing and healing skills of the hands. Featuring both Eastern and Western methods, it presents step-by-step, beautifully illustrated instructions on everything from traditional massage to shiatsu and reflexology. The Book of Massage offers easy-to-follow techniques for giving the perfect massage, including advice on creating the right setting and suggestions for using aromatic oils and lotions. Now revised and updated with fresh color photos and drawings throughout, The Book of Massage is a simple and comprehensive handbook that reveals how you can experience the myriad benefits of giving and receiving a soothing massage.

Book Information

Paperback: 192 pages

Publisher: Touchstone; 2nd edition (January 2, 2001)

Language: English

ISBN-10: 0743203909

ISBN-13: 978-0743203906

Product Dimensions: 7.9 x 0.6 x 9.9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ See all reviewsÂ (143 customer reviews)

Best Sellers Rank: #13,425 in Books (See Top 100 in Books) #6 inÂ Books > Religion & Spirituality > New Age & Spirituality > Reference #6 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Acupuncture & Acupressure #9 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Massage

Customer Reviews

As a fibromyalgia patient, I've found massage to be a great help in managing my disease. When my husband indicated he'd like to learn how to help me through painful moments, I began looking for a book to help teach him the basics. The combination of clear instructions, multiple suggestions for customizing massage experiences, and fantastic illustrations made this a winner (and I checked out about twenty or so different books). For someone who started with movements similar to what you'd use to pet a cat, the techniques absorbed from this book greatly increased not only his skills but his creativity in working knots out of sore muscles. I also found myself suddenly figuring out exactly how mysterious moves (from the client's perspective) were pulled off, such as using forearms or elbows

instead of just palms or fingers. A few combinations of area-specific instructions intrigued me, and once suggested to a massage therapist, ended up being just the ticket for sore shoulders. Although you can learn incredible things from this book, it's not a substitute for actual training. Even my middle-ground position as having learned from several talented massage therapists and being able to replicate their results on friends and family members do not make me nearly as adept or knowledgeable as the professionals. It's a resource and perhaps a "Layman's Guide," but not nearly enough to open a business on or to claim expert status. It's not at all comprehensive of all the techniques out there, but it's a great place to start. Although some of the illustrations are not youth-appropriate (I would not give this to a teen curious about massage), they are still handled tastefully and within context most of the time, especially considering when this was published.

[Download to continue reading...](#)

The Book of Massage: The Complete Step-by-Step Guide to Eastern and Western Technique
Tantric Massage: Master the Art Of Tantric Massage - Discover Mindblowing Tantric Massage Techniques, Perfect your Tantric Massage Skills, Tantric Sex And Experience An Incredible Tantric Sex Life
Acupressure: The Ultimate Beginners Guide To Acupressure For Health & Healing (Self Massage, Tennis Ball Massage, Pressure Points, Trigger Point Massage) Encyclopedia of Thai Massage: A Complete Guide to Traditional Thai Massage Therapy and Acupressure
Tantric Massage: Beginner's Guide, Tips and Techniques to Master the Art of Tantric Massage! The Magic Touch: How to make \$100,000 per year as a Massage Therapist; simple and effective business, marketing, and ethics education for a successful career in Massage Therapy
Tantric Massage: Mastery, 28 Ways To Give The Perfect Tantric Massage
Massage: The Foam Roller Bible: Foam Rolling - Self Massage, Trigger Point Therapy & Stretching (Trigger Point, Tennis Ball, Myofascial, Deep Tissue, Pressure Points, Hip Flexors, Calisthenics)
Cruising the Southern and Western Caribbean: A Guide to the Ships & the Ports of Call (Cruising the Southern and Western Caribbean) (Cruising the Southern & Western Caribbean)
The Chemistry of Joy: A Three-Step Program for Overcoming Depression Through Western Science and Eastern Wisdom
How To Write A Book That's Complete: How to write a nonfiction book outline that makes your book full and complete - Build complete nonfiction book outlines using a simple step-by-step system
The Hepatitis C Help Book: A Groundbreaking Treatment Program Combining Western and Eastern Medicine for Maximum Wellness and Healing
Bowling - Step By Step Guide For A Beginner To Learn The Fundamentals Of Bowling (Bowling fundamentals, Bowling Tips, Bowling Basics, Bowling Professional, Bowling Technique)
The New Chinese Medicine Handbook: An Innovative Guide to Integrating Eastern Wisdom with Western Practice for Modern Healing
The New Western Garden

Book: The Ultimate Gardening Guide (Sunset Western Garden Book (Paper)) Acupuncture and Chinese Herbal Medicine for Women's Health: Bridging the Gap Between Western and Eastern Medicine The Essence of Jung's Psychology and Tibetan Buddhism: Western and Eastern Paths to the Heart Eastern Body, Western Mind: Psychology and the Chakra System As a Path to the Self The Food and Cooking of Russia & Poland: Explore the rich and varied cuisine of Eastern Europe in more than 150 classic step-by-step recipes illustrated with over 740 photographs Western Landscaping Book: Companion to the Best-Selling Western Garden Book

[Dmca](#)