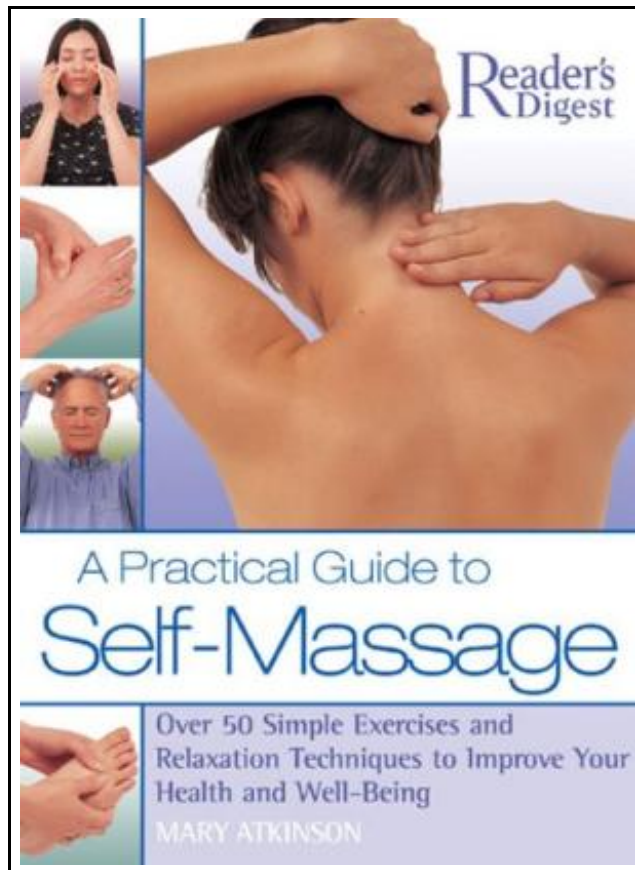


A Practical Guide to Self-massage: Over 50 Simple Exercises and Relaxation Techniques to Improve Your Health and Well-being (Hardback)



Filesize: 6.4 MB

Reviews



Absolutely essential study book. It is loaded with wisdom and knowledge I found out this ebook from my i and dad suggested this ebook to understand.

(Dr. Lera Spencer)

A PRACTICAL GUIDE TO SELF-MASSAGE: OVER 50 SIMPLE EXERCISES AND RELAXATION TECHNIQUES TO IMPROVE YOUR HEALTH AND WELL-BEING (HARDBACK)



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!.

-  [Read A Practical Guide to Self-massage: Over 50 Simple Exercises and Relaxation Techniques to Improve Your Health and Well-being \(Hardback\) Online](#)
-  [Download PDF A Practical Guide to Self-massage: Over 50 Simple Exercises and Relaxation Techniques to Improve Your Health and Well-being \(Hardback\)](#)

Other Books



Four on the Shore (Paperback)

Penguin Books Australia, Australia, 1994. Paperback. Book Condition: New. James Marshall (illustrator). Reprint. 229 x 147 mm. Language: English . Brand New Book. Using their cache of already published easy-to-read books, Puffin launched their Easy-to-Read...

[Save PDF »](#)



Fox on the Job: Level 3 (Paperback)

Penguin Putnam Inc, United States, 2004. Paperback. Book Condition: New. James Marshall (illustrator). Reissue. 224 x 150 mm. Language: English . Brand New Book. Using their cache of already published easy-to-read books, Puffin launched their...

[Save PDF »](#)



Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 4: The Moon Jet (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It...

[Save PDF »](#)



The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to...

[Save PDF »](#)



Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 3: The Backpack (Hardback)

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 174 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It...

[Save PDF »](#)