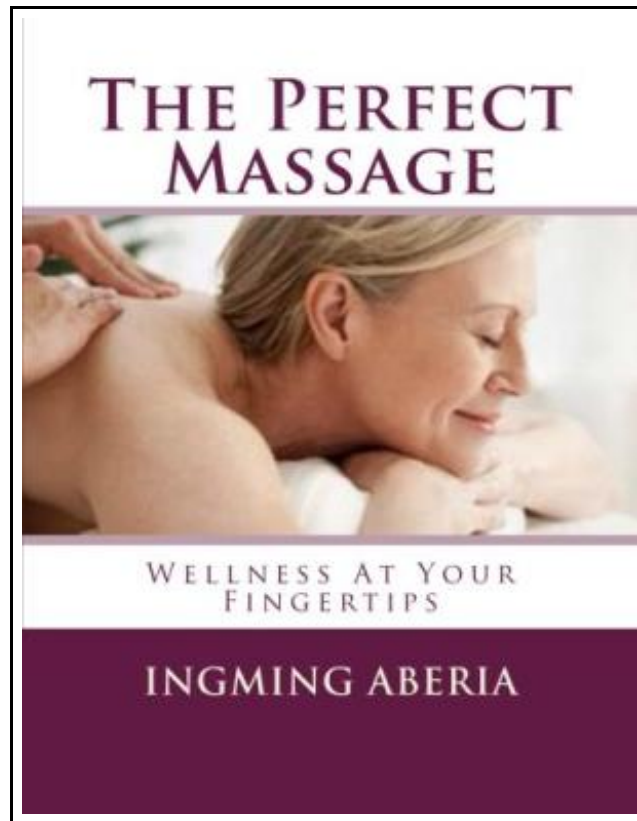


## The Perfect Massage: Wellness at Your Fingertips



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Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book promotes wellness through massage. It prescribes easy ways to feel good. Many people experience muscle pain and fatigue from routines of daily life. These discomforts are a by-product of stress. Rather than medicating yourself, there is a better solution. Massage therapy is a natural approach to stress management. It is non-invasive. It requires no unnatural chemicals or medication. And, it is totally relaxing. You can t find a better way to treat today s stress-induced soft tissue ailments without having to resort to medication. Stress has been referred to as the silent killer. While it isn t the only source for a heart attack or stroke, it is an important one. Doesn t it make sense to try a little prevention? The Perfect Massage is designed for the layperson who needs information about massage therapy. There are different types of massage and different modalities. The Perfect Massage endeavors to explain massage and help you determine what approach might be best for you. Some of the reasons why massage is an optimum solution and what it is used for are: Improve muscle tone Relax the mind and body Reduce stress Treat depression and anxiety Remedy to relieve back pain An excellent cure for headaches Excellent tool to use in a sports regimen Enhance the body s regenerative ability Helps to sleep better Who benefits most from massage therapy? Anyone! Even your pets can benefit. Studies have proven that massage in infants helps them transition from their protected environment in the womb to the harsh environment we all live in. The elderly, children, pregnant women all benefit from the healing properties of massage therapy. Learn more about the...



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