



## The Book of Shiatsu Vitality and Health Through the Art of Touch

By Paul Lundberg

Touchstone. Paperback. Book Condition: New. Paperback. 192 pages. Dimensions: 9.2in. x 7.4in. x 0.6in. With shiatsu (a Japanese word meaning finger pressure) you can release and stimulate the energy flowing through your body -- using just your hands and fingers -- to awaken your body's natural healing modalities. The Book of Shiatsu is the authoritative, step-by-step guide to this uniquely effective therapy. The techniques offered are simple and can be used to treat a variety of health problems, particularly: Arthritic conditions Backaches Emotional stress Headaches and migraines Intestinal disorders Menstrual and reproductive problems Muscular pain and tension Here you'll find more than 240 color drawings and photographs in a brand-new, accessible format, demonstrating how to give both whole-body and specialized massages, diagnose specific conditions, and work with the body's energy meridians to promote sustained health and well-being. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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