



## Massage Therapy: Trigger Point Therapy: Acupressure Therapy: Learn the Best Techniques for Optimum Pain Relief and Relaxation (Paperback)

By Ace McCloud

Pro Mastery Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Are you tired of living in pain, but can't afford professional massage therapy? Whether you want to (1) feel better (2) learn exactly how to massage all the different areas of your body, or (3) relieve stress and eliminate pain, then this is the book for you. How much longer are you willing to suffer? You'll be amazed at how much you can do on your own to relieve pain, dissolve muscle tension and release stress. The increased blood circulation provided by massage therapy can enhance healing and boost your immune system. Whether you slept wrong and woke up with a kink in your neck, or you're dealing with chronic emotional or physical pain, massage therapy can help. Easily learn from step-by-step instructions. You don't have to spend hundreds of dollars on professional massages! Learn how to take care of yourself and your loved ones like a pro, and on your own time schedule! Detailed instructions will walk you through the process of finding a specific location to work on and then performing the appropriate therapeutic treatment. Detailed...



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*Complete guide! It's such a good go through. It is really fascinating through reading period of time. It's been written in an extremely basic way and is particularly only after I finished reading through this publication through which really changed me, change the way I really believe.*

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