



Healing Self-Massage: Over 100 Simple Techniques for Re-energizing Body and Mind

Kristine Kaoverii Weber

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Alleviate daily stresses and minor ailments, *on the spot*, with these 100 simple and safe self-massage techniques, arranged in a handy A to Z directory. Carry it to work, in the car, on the train or plane to check symptoms and find appropriate, fully-illustrated treatments for every part of the body, drawn from techniques such Shiatsu, reflexology, Indian Head Massage, and acupuncture. In minutes, the exercises can improve clarity of mind; ease computer stiffness; overcome fear and anxiety; stimulate creative energies, calm road rage, or induce a good night's sleep. See how and why each massage works, its contraindications, plus benefits to body and mind, as you make self-massage part of a daily regime to achieve optimum health and well-being!

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