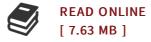




A Practical Guide to Selfmassage: Over 50 Simple Exercises and Relaxation Techniques to Improve Your Health and Well-being (Hardback)

By Mary Atkinson

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 indepth 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 onthe-spot relief. Once these programs become part of your routine, you ll wonder how you ever got along without them!.



Reviews

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-- Telly Hessel

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-- Ewell Rempel

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 program. Favorite stories by such beloved authors...



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 Easy-to-Read program. Favorite stories by such beloved...



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 is based on Oxford Reading Tree which...



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 give your child an academically rigorous, comprehensive...



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 is based on Oxford Reading Tree which...



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

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 176 x 150 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It is based on Oxford Reading Tree which...