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COMPLETE ILLUSTRATED GUIDE TO

MASSAGE



A STEP-BY-STEP APPROACH
TO THE HEALING ART OF TOUCH

Stewart Mitchell

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Stewart Mitchell



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The Journey Through Cancer Dr. Jeremy Geffen,2007-12-18 The Journey Through Cancer is an essential guide for all cancer patients their families and their loved ones As a board certified oncologist with more than ten years of experience serving as physician guide mentor coach and friend to thousands of cancer patients and their families Dr Jeremy Geffen has learned how cancer often challenges the mind heart and spirit of patients and their families as deeply if not more deeply than it challenges the physical body Yet this simple truth is often overlooked by Western medicine as it aggressively pursues the best ways to diagnose and treat cancer Too often physicians focus almost exclusively on the physical dimensions of the disease rather than caring for the whole person who has the disease Dr Geffen presents a groundbreaking seven level program used at his cancer center in Florida that addresses every dimension of the person with cancer physical mental emotional and spiritual Education and Information giving patients answers to questions about their disease and their treatment options Psychosocial Support focusing on the need for and benefits of a strong support network The Body as Garden exploring the vast array of alternative and complementary therapies Emotional Healing helping patients and families deal with the often overwhelming emotional challenges of cancer The Nature of Mind exploring how patients thoughts and beliefs profoundly influence their journey Life Assessment showing patients how to discover their life s deepest meaning and purpose The Nature of Spirit connecting patients to the profoundly healing spiritual aspect of life we all share In The Journey Through Cancer Dr Geffen presents a revolutionary model of healing based on the best treatments available from every culture and paradigm of medicine one that respects and explores every possible avenue and resource for healing and transformation blending East and West body and mind heart and technology science and spirit

The Complete Illustrated Guide to Reflexology Inge Dougans,1996 Clearly illustrates this remarkable therapy with charts and photographs

The Complete Illustrated Guide to Thai Massage and Shiatsu Nicky Smith,Hilary Totah,2007 A step by step guide to the art of healing and relaxation through two powerful Eastern massage techniques with over 800 color photographs

Raising Your Child: The Complete Illustrated Guide Jen Meyers,Jamie Loehr M.D.,2009-07-01 Rasing Your Child The Complete Illustrated Guide is an information packed guide that leads parents through the ever changing maze of new behaviors developments and challenges present in a child s first six years It is filled with essential information expert advice practical solutions and key choices to ensure a child s healthy development for their first six years and set them up for success in later

developmental stages In addition to understanding their child s stage of development readers are given parenting techniques and activities they can use with their child to maximize physical emotional intellectual and behavioral development at every age and stage

The Aromatherapy Massage A Guide to Facial Massage Francine Milford, BS, LMT, CTN,2018-08-23 The Aromatherapy Massage A Guide to Facial Massage manual covers the history of aromatherapy throughout the centuries including ancient uses to modern day findings The manual covers plant botany oil chemistry systems of the body an entire section on carrier oils and essential oils along with dilution and blending methods Also covered in this manual is how therapists can use face reading techniques to discover the health of their clients along with a Qi Facial massage Finishing the book is step by step pictures of how to perform your own Aromatherapy Facial Massage session

The Complete Illustrated Guide to Reflexology Inge Dougans,1996 This volume introduces the art and science of reflexology describing the typical treatments and including many practical examples and case studies Reflexology is an alternative medicine involving the physical act of applying pressure to the feet hands or ears with specific thumb finger and hand techniques without the use of oil or lotion It is based on what reflexologists claim to be a system of zones and reflex areas that they say reflect an image of the body on the feet and hands with the premise that such work effects a physical change to the body

The Complete Idiot's Guide to Massage Joan Budilovsky,Eve Adamson,1998 Outlines the history and benefits of massage and tells how to use massage to reduce stress improve circulation and soothe aching muscles

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