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Pressure Points for Pain Relief Barrett Williams,ChatGPT,2025-08-15 Relief from headaches is closer than you think Pressure Points for Pain Relief is a practical beginner friendly guide to acupressure that teaches you how to dissolve tension quiet pounding pulses and reclaim momentum in your day without relying on medications Through clear safe instructions you ll learn a small toolkit of pressure points and routines you can use anytime anywhere You ll zero in on the core pressure points LI4 Hegu GB20 Fengchi Yin Tang and the Taiyang temples Each point comes with simple location tips how to press and a routine you can follow The book starts with the essential practices setting up a calm space correct posture mindful breathing and how to press safely Then it guides you through step by step routines designed for real life a quick 2 minute starter in the morning a 5 minute boost during the day and breathing rhythms that amplify results From there you ll explore routines tailored to different headache types tension headaches migraines without aura sinus pressure and stress related

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