



Self-Massage Plus (Paperback)

By Richard L Adinolfi

Xlibris Corporation, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Use this book to begin a healing relationship with yourself. You will find that the steps outlined in Self-Massage Plus are a quick remedy for tense, tight, sore, or tired muscles and joints and will also help to prevent injuries as well as resolve ailments. They may be done just about anytime or anywhere, either before, during, or after any activity or event. They are cost-free, take very little time to do, and produce good results. They can be used alone or to supplement other health practices, and they are definitely an asset to any fitness program. You will be delighted to know that all of these steps are based on a profound knowledge of anatomy, physiology, pathology, and the theory and practice of various massage modalities. At times we all experience pain due to our activities and injuries, Self-Massage plus is an excellent resource for individuals who want to learn about self care and how to ease the pain they and those they care about are experiencing. It is very self empowering. Bernie Siegel, MD author of Love, Medicine Miracles and...

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