

# The Massage Bible The Definitive Guide To Soothing Aches And Pains By Mumford Susan Author Paperback 2009

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**Press Here! Massage for Beginners** - Rachel Beider 2019-02-26  
Relieve pain, alleviate tension, increase relaxation, and recover and prepare for physical activities. Fun, modern illustrations and intuitive organization combined with the expertise of licensed massage therapist Rachel Beider allow you to quickly implement this powerful wellness tool. Massage therapy is a great way to connect and engage with your loved ones, applying healing techniques to reduce pain and tension while increasing relaxation and enjoyment. With this guide, learn how to give a deeply enjoyable therapeutic massage to family members, friends, or oneself. Beautifully illustrated and designed and with easy-to-follow instructions, *Massage for Beginners* is the perfect guide for learning the fundamentals of giving a really great massage. The *Press Here!* series offers contemporary takes on traditional hands-on healing practices for a new generation of practitioners. These introductory guides feature easy-to-access organization, clear instructions, and beautiful illustrations of each technique. Other *Press Here!* topics include reiki, reflexology, and acupressure.

**Healing Massage** - Jennifer Love Stringfellow 2020-07-14

Healing is in your hands--the essential guide to home massage  
Massage is a powerful tool for soothing and relieving discomfort, pain, and stress. Harness the healing abilities of touch at home with *Healing Massage*. This complete guide can help you treat physical issues like back pain and headaches as well as mental health ailments like anxiety and depression. Discover a variety of proven techniques to help your loved ones manage symptoms and relieve pain: Swedish, trigger point therapy, sports, acupressure, and more. Pick up practical information like how much pressure to apply, how to adjust your massage for recipients of all ages, and tips for addressing chronic pain. Then, dive into specialized techniques for specific ailments so you can start the healing journey. *Healing Massage* features: The power of touch--Find soothing ways to heal everything from tense shoulders, tight hips, and carpal tunnel syndrome, to digestive issues, insomnia, eyestrain, and anxiety. Step-by-step guidance--Follow clear, detailed instructions for home application of each technique, with illustrations to guide you. Beyond massage--Enhance and extend the healing benefits through aromatherapy, application of heat and ice, and simple lifestyle changes. Unlock the

healing power of touch in the comfort of your own home with Healing Massage.

**The Book of Abraham** - Marek Halter 2003

The story begins in Jerusalem in 70 AD as Abraham the Temple scribe flees the destruction of his home. Two thousand years and a hundred generations later, another Abraham perishes, immolated in the fires of the Warsaw Ghetto.

**The Chinese Medicine Bible** - Ody 2010

The Chinese Medicine Bible explores the key principles of Chinese alternative therapies, explaining the importance of balancing yin and yang and the nuances of the five element theory, before delving deeper to explain the causes of disease, the diagnostic tools needed such as tongue and pulse analysis, and the methods employed to treat common ailments. The book also contains a detailed directory of Chinese herbal medicine, including a materia medica of 50 essential healing herbs, and outlines the principles of acupuncture and moxabustion. Along with fully illustrated step-by-step guides to self-help techniques you can try at home including acupressure, tai chi and Qigong, The Chinese Medicine Bible shows you how to easily maintain your health and vitality using these natural, time-tested techniques.

*The Longevity Bible* - Susannah Marriott 2018-08-02

The desire for a long, healthy and happy life is a universal one, yet society has a deep fear of ageing. The Longevity Bible offers an all-encompassing, holistic look at how the body ages - and what we can all do to age better. Discover: - How the ageing process works - and what you can do to enjoy a better quality of life as you grow older - What history, biology, Eastern philosophy, Western science and the findings of top medical experts and researchers can teach us about maintaining optimal health as we move through our lives - The important role that sleep, moderation, diet, a sense of purpose, connection, love and curiosity have in helping us to live well and live happily - That a longer life blessed with health and happiness is within reach!

Sensual Massage - Susan Mumford 2002-03-01

Offering your partner the sensual pleasure of a massage brings special

feelings of satisfaction. Do it with skill, passion, and creativity with these intimate, beautiful photos and instructions. Learn the different strokes (effleurage, petrissage, friction, others), and when and how to use each one. Vary your touch to make it loving, erotic, or playful. Give the 20-minute relaxing massage or indulge in a longer, stimulating one where senses heighten and bodies make full contact. "Mix romance with relaxation or upgrade your seduction skills."--www.HoneyMag.com.

**The Chakra Bible** - Patricia Mercier 2007

A comprehensive introduction to chakras, featuring the seven major energy centers of the body, their function, and the ideal way to heal and balance them, details each of the chakras, their associated color, Indian deity, healing stone, and emotional and physical actions and includes step-by-step yoga exercises. Original.

**Erotic Massage** - Anne Hooper 2004-12-27

An expert on human sexuality and best-selling author of Ultimate Sex offers a detailed guide to the art of erotic stimulation, featuring step-by-step illustrations and inspirational tips on how to enrich one's sexual life through the sensual power of touch. Original.

**Erotic Massage for Couples Who Have Been Together for a Long Time** - Walter Bradley 2019-05-20

Have you noticed that passion in your relationships has subsided over the years, and you wanted to change something? Do you think you know your own and your partner's body well enough? How many erogenous zones do you know? You must read this book about massage for couples, to find out the answers to these questions and to awaken the former desire. Touch is the most intimate sense. Couple massage makes you understand each other without words on the most intimate level. Touch can carry passion and love, confidence, and empathy. It promotes relaxation and healing, is central to our erotic experiences. Touching the body of another person, feeling the skin of your loved one with your skin gives you much more pleasure than any other feeling known to man. However, oddly enough, even lovers rarely use this gift of nature to the full. This couples massage book is a kind of textbook in how to bring your body and your partner's body into a comfortable state through massage,

so that it flies away, relaxes, recuperates, and experiences an unearthly pleasure. You will not need any massage accessories for couples, no couple's massage ball, couple's massage toys. Only music, couples massage oil or lotion, and incense will give your communication a special feeling. We'll tell you how to give your partner the greatest possible pleasure! This book is the result of more than a decade of practical experience in performing massage and years of teaching experience. Everything you read in this book is based on knowledge of anatomy, physiology, psychology, sexology, and various types of massage. In the book, there will be no useless information, only the most important practical knowledge about couples sensual massage. So if you want to know all of the secrets about excellent couple massage, and bring back your passion and desire. You should buy this book! Your partner will thank you!

[The Visual Guide to Swedish Massage, Spiral bound Version](#) - Mark F. Beck 2013-01-03

The Visual Guide to Swedish Massage clearly illustrates the practical methods for performing foundational massage therapy techniques. Readers will find this handy reference tool to be an important supplement to their massage therapy curriculum and a helpful review of the proper movements to ensure the client experience is second to none. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

[The Book of Massage](#) - Lucinda Liddell 2012-11-20

A beautifully illustrated introductory guide to the healing powers of a massage, from traditional massage to shiatsu and reflexology. The Book of Massage is the classic guide to the relaxing and healing skills of the hands. Featuring both Eastern and Western methods, it presents step-by-step, beautifully illustrated instructions on everything from traditional massage to shiatsu and reflexology. The Book of Massage offers easy-to-follow techniques for giving the perfect massage, including advice on creating the right setting and suggestions for using aromatic oils and lotions. Now revised and updated with fresh color photos and drawings throughout, The Book of Massage is a simple and comprehensive

handbook that reveals how you can experience the myriad benefits of giving and receiving a soothing massage.

*Trigger Point Therapy for Myofascial Pain* - Donna Finando 2005-08-22  
A clinical reference manual for the evaluation and treatment of muscle pain • Contains detailed illustrations of pain patterns and trigger-point locations • 15,000 copies sold in first hardcover edition Myofascial pain syndromes are among the fastest growing problems that physicians, osteopaths, acupuncturists, and physical, occupational, and massage therapists encounter in their patients. In *Trigger Point Therapy for Myofascial Pain* Donna and Steven Finando have organized vast amounts of information on treating myofascial pain into an accessible "user's manual" for healthcare practitioners. They examine a wide range of pain patterns and present evaluation and palpation techniques for reducing trigger points--and thereby alleviating pain--in the most clinically significant musculature of the body. This comprehensive yet easy-to-use reference guide to treatment of muscle pain begins with chapters on the concept of Qi and its relationship to myology, specific trigger point location and activation, and palpatory skill-building techniques. Subsequent sections provide detailed information on each muscle to teach clinicians to locate quickly and accurately individual points of pain and compensation. A visual index allows easy identification of the muscles that may be involved. *Trigger Point Therapy for Myofascial Pain* provides necessary and invaluable information for sufferers and any professional involved with myofascial disorders.

**Tantric Sex** - Riley Ashwood 2020-09-16

*The Art of Tantric Sex: Achieve Perfect Intimacy and Experience Unparalleled Pleasure Using Ancient Tantric Sex Techniques* Do you want to spice up your sex life in a meaningful way? Are you looking to improve your relationship and deepen intimacy? Tantric sex means 'the weaving and expansion of energy'. If you feel that your sex life has become a routine affair without much spark, tantric sex is for you. When we spend a lot of time with our partners, we get used to each other. We start operating by default, and the spark of spontaneity and newness gets lost. If we don't do something to fix that, sex life can completely fizzle

out. Good news? It's not only possible to have amazing sex in longterm relationships-in fact, the more you know each other, the better. Tantric sex is all about that mind-body connection and the feeling of deep intimacy. It's a slow form of sex that enhances pleasures and leads to mind-blowing, long orgasms for both men and women. Here's what you'll learn in this guide to tantric sex: Tantric Sex 101: Everything you always wanted to know but were too afraid to ask, explained in detail Breathing and Preparation: Mind and body exercises that will help you achieve the tantric mindset and strengthen your desire for each other Positions and Techniques: How to walk the path of a sex god or goddess and experience mind-blowing pleasure together Multiple Orgasms and Massages: Learn how to prolong the pleasure and reach the stars with these time-tested sex techniques AND SO MUCH MORE! Even if you might think tantra sounds exotic, it's pretty simple. It all comes down to awakening your primal sexual energy and expressing it through intimacy. You and your partner will reach levels of connection you never thought possible! So Scroll up, Click on "Buy Now with 1-Click", and Get Your Copy Now!

**Massage For Dummies** - Steve Capellini 2010-05-11

Sooth away stress, banish pain, and share the language of touch with the healing powers of massage What reduces pain, enhances athletic performance, job efficiency, improves the circulation, raises immune efficiency, promotes the healing of tissues, increases the functioning of the skin, enhances focus and emotional balance, and improves appearance? Right, massage! So what are you waiting for? Discover how to knead your way to relaxation and wellness with this fun guide to the art of massage. With the help of numerous step-by-step hands-on photos and illustrations, Massage For Dummies, 2nd Edition shows you, move by move, how to harness the healing power of touch. In no time you'll master the basics and learn how to give and receive a therapeutic massage. 25% new and expanded content in this edition Covers an array of techniques, from Swedish to Deep Tissue and sports massage to self-massage The newest strokes and techniques that can relieve specific painful conditions Hands-on and extremely practical, Massage For

Dummies, 2nd Edition shows you how to integrate massage and its benefits into your everyday life.

**The David Story: A Translation with Commentary of 1 and 2 Samuel** - Robert Alter 2009-10-21

"A masterpiece of contemporary Bible translation and commentary."—Los Angeles Times Book Review, Best Books of 1999 Acclaimed for its masterful new translation and insightful commentary, The David Story is a fresh, vivid rendition of one of the great works in Western literature. Robert Alter's brilliant translation gives us David, the beautiful, musical hero who slays Goliath and, through his struggles with Saul, advances to the kingship of Israel. But this David is also fully human: an ambitious, calculating man who navigates his life's course with a flawed moral vision. The consequences for him, his family, and his nation are tragic and bloody. Historical personage and full-blooded imagining, David is the creation of a literary artist comparable to the Shakespeare of the history plays.

**The Art of Sensual Massage** - Gordon Inkeles 2011-10

With a warm, quiet place and a bottle of oil--and this incredible book--you can spread pleasure over every inch of your partner's body. For more than a million readers The Art of Sensual Massage is more than a book, it's an unforgettable sensual experience. Techniques are beautifully illustrated with hundreds of gorgeous black and white photos.. Rare color photos, taken during the book's original photo sessions have been added to this edition. Instructions are easy-to-learn. Ten minutes after you open this book you will be doing a sensual massage. This updated edition has the best paper and photo reproduction plus many text updates. From the book: In a world full of expensive gadgets futilely designed to increase enjoyment of life it is enormously satisfying to realize that you can give so much pleasure just using your hands.

Love Your Skin - Abigail James 2018-07-16

Renown throughout the beauty industry for her `healing hands', Abigail draws on a decade of practical expertise to provide real solutions to skincare issues. The skin you look at in the mirror is not the same as that of a friend's. Just because they swear by an amazing face cream doesn't

mean it's going to be your skincare hero too. Your genetic background, where you live, and what you eat will all have an impact, as will your stress and hydration levels, gut health and sleep patterns. Covering everything from the key product ingredients to look out for, to alternative low-cost solutions and home-made beauty products that really work, Abigail's advice will truly benefit your complexion. From her top habits for healthy skin to the best professional treatments and methods, by way of facial yoga and massage, Love Your Skin is all you need to ensure your skin is always at its best.

**The Ayurveda Bible** - Anne McIntyre 2012

A guide to understanding the ancient Indian healing system introduces Ayurveda's three prime qualities, the causes and stages of disease, and the principles of treatment, and also contains a directory of herbs and their recommended uses.

**Complete Massage** - Neal's Yard Remedies 2019-09-03

Want to really understand the health and wellness benefits of massage? Interested in practicing massage at home or considering taking a course? Let this be your guide on everything from effleurage to epineuria. Annotated anatomy and physiology illustrations show you how different levels of pressure work the muscles, and the profound effect massage can have on the nervous system and on cardio and lymphatic health. Learn how to prepare physically and mentally, and get the lowdown on oils and massage beds, diffusers and candles. And if you're receiving a massage, find out why drinking water before and after is important and how focusing on breathing enhances muscle relaxation. All the core strokes and massage techniques that form the foundation of massage practice are shown photographically with detailed annotations and integrated arrows showing the direction and application of pressure. Familiarize yourself with the key disciplines, from Swedish to shiatsu, reflexology and hot stone therapy. Access over 30 bespoke massage sequences, tailored to treat specific complaints and special client groups, such as pregnant women, babies, and those recovering from surgery. Become an expert in the simple but profoundly effective power of touch and share its miraculous health benefits.

[The Complete Guide to Modern Massage](#) - Ryan Jay Hoyme 2018-12-11  
Learn the healing power of touch with a new, up-to-date reference from The Complete Guide to Modern Massage. Massage is a natural method to relieve pain and reduce stress--and anyone can learn how to do it. The Complete Guide to Modern Massage offers an updated reference to learn popular techniques and feel the physical and emotional benefits of massage. From classic styles such as Swedish or Shiatsu to new favorites like Ayurvedic and Thai, this massage guide offers illustrated, step-by-step instruction to master techniques from around the world. Complete with massage practices for pain relief, you'll learn how to heal your family, friends, partners, and even yourself of common ailments with your own two hands. The Complete Guide to Modern Massage includes:  
An introduction to massage that outlines the history and basic principles of massage and how they relate to modern practice. World-famous massage techniques that include Deep Tissue, Reflexology, Tui Na, Cranialsacral, Reiki, and more! Restorative applications for healing common ailments including headaches, neck pain, PMS, lower back pain, and more. Easy-to-follow guidance with illustrations, and simple step-by-step directions to master every technique. Give and receive rejuvenating massages with world-famous techniques and step-by-step instructions from The Complete Guide to Modern Massage.

**The Aromatherapy Bible** - Gill Farrer-Halls 2005

Inside that bottle of essential oil lies the key to beauty, health, and wellbeing--and this comprehensive illustrated reference contains the information needed to work aromatherapy's magic. It includes a directory of essential oils plus recipes for creams and lotions; remedies to overcome negative emotions; first aid therapies; and techniques to enhance meditation and massages.

**The Reflexology Bible** - Louise Keet 2009

From zone maps of the hands and feet to techniques for working the reflex points to illustrated step-by-step sequences, this guide provides all the information necessary for treating the whole body.

[The Daily Show \(The Book\)](#) - Chris Smith 2016-11-22

NEW YORK TIMES BESTSELLER The complete, uncensored history of

the award-winning *The Daily Show* with Jon Stewart, as told by its correspondents, writers, and host. For almost seventeen years, *The Daily Show* with Jon Stewart brilliantly redefined the borders between television comedy, political satire, and opinionated news coverage. It launched the careers of some of today's most significant comedians, highlighted the hypocrisies of the powerful, and garnered 23 Emmys. Now the show's behind-the-scenes gags, controversies, and camaraderie will be chronicled by the players themselves, from legendary host Jon Stewart to the star cast members and writers-including Samantha Bee, Stephen Colbert, John Oliver, and Steve Carell - plus some of *The Daily Show*'s most prominent guests and adversaries: John and Cindy McCain, Glenn Beck, Tucker Carlson, and many more. This oral history takes the reader behind the curtain for all the show's highlights, from its origins as Comedy Central's underdog late-night program to Trevor Noah's succession, rising from a scrappy jester in the 24-hour political news cycle to become part of the beating heart of politics-a trusted source for not only comedy but also commentary, with a reputation for calling bullshit and an ability to effect real change in the world. Through years of incisive election coverage, passionate debates with President Obama and Hillary Clinton, feuds with Bill O'Reilly and Fox, and provocative takes on Wall Street and racism, *The Daily Show* has been a cultural touchstone. Now, for the first time, the people behind the show's seminal moments come together to share their memories of the last-minute rewrites, improvisations, pranks, romances, blow-ups, and moments of Zen both on and off the set of one of America's most groundbreaking shows.

*The Purpose Driven Life* - Rick Warren 2012-10-23

Discover and fulfill your God-given purpose by joining the more than thirty-five million others who have embarked on a spiritual journey that started with this #1 New York Times bestselling book by Pastor Rick Warren. Before you were born, God knew what your life had in store for you. His hope for you is to discover the life he created just for you--both here on earth, and forever in eternity. Let Rick Warren guide you as you learn to live out your true purpose. *The Purpose Driven Life* is more than

a book; it's a road map for your spiritual journey. Combining thoughtful verses from Scripture with timely stories and perspectives from Warren's own life, *The Purpose Driven Life* will help you discover the answer to one of life's most important questions: What on earth am I here for? Throughout *The Purpose Driven Life*, Warren will teach you to spend time getting to know yourself and your creator in order to live your life to the fullest. Unlocking your true purpose will also reduce your stress, simplify your decisions, increase your satisfaction, and, most importantly, prepare you for eternity. Designed to be read over the course of forty-two days, *The Purpose Driven Life* will help you see the big picture, giving you a fresh perspective on the way that the pieces of your life fit together. Every chapter of *The Purpose Driven Life* provides a daily meditation and practical steps to help you uncover and live out your purpose, starting with exploring three essential questions: The Question of Existence: Why am I alive? The Question of Significance: Does my life matter? The Question of Purpose: What on earth am I here for? Each copy of *The Purpose Driven Life* also includes thoughtful discussion questions, audio Bible studies that go along with every chapter, and access to a supportive online community, giving you the opportunity to dive even deeper into each life-changing lesson.

**The Massage Bible** - Susan Mumford 2009-11

From Chinese massage to Shiatsu to Indian head massage, this lavishly illustrated "bible" presents all the techniques needed to master the basics. Every spread features large and easy-to-follow photos, while the text guides beginners on what pressure to exert, what part of the hand makes contact with the body, and exactly what to do-whether they're feathering the back, working on the neck and scalp, or performing a sequence on the arms and hands. In addition to holistic and sports massages, there are suggestions for special situations (including massaging a baby); advice on massages to relieve common ailments; and lifestyle tips.

**The Message** - Eugene H. Peterson 2005-09-27

This version of *The Message* Numbered Edition, when paired with your favorite Bible study, will deliver a reading experience that is reliable,

energetic, and amazingly fresh. Features: \* exclusively designed verse numbering system \* handcrafted maps and charts \* satin ribbon marker

The Returning King - Vern S. Poythress 2000

Noted New Testament scholar Poythress provides an understandable and practical look into Revelation in this insightful commentary. Poythress focuses on Revelation's core message and ensures that its details do not cloud the big picture. He shows Revelation to be a picture book, not a puzzle book, relevant and applicable to the daily lives of Christians.

The Massage Bible - Susan Mumford 2009

For centuries massage has been used all over the world as a way to treat a wide variety of ailments, alleviate stress and pain, and soothe the mind and body. In this comprehensive book you will learn about all aspects of this fascinating practice, including a background history, detailed instructions for both eastern and western massage techniques, and how to direct massage to different parts of the body for greater effect. With a detailed directory on how to treat a range of everyday common ailments, from stomach ache to joint pain, plus a section on how to customize your treatments to suit different people, this is the only massage book you'll ever need.

**Revelation** - 1999-01-01

The final book of the Bible, Revelation prophesies the ultimate judgement of mankind in a series of allegorical visions, grisly images and numerological predictions. According to these, empires will fall, the "Beast" will be destroyed and Christ will rule a new Jerusalem. With an introduction by Will Self.

The Reiki Bible - Eleanor McKenzie 2009

Reiki practitioners have unlimited access to healing energy--for themselves and others. For this reason, it has quickly spread across the globe as people use it to cure ills, soothe emotions, and live the life they want. The Reiki Bible provides a comprehensive, stunningly designed guide to this ancient spiritual system. It covers Reiki's origins and development; the energy and body systems; and the three levels of Reiki. All the hand positions appear in easy-to-follow captioned photographs, and there's advice on using Reiki for friends and family; at all life stages;

for health and well-being; for alleviating common conditions; and in tandem with other therapies.

*The Complete Book of Massage and Aromatherapy* - Catherine Stuart 2007-01-23

This is a practical guide to using head, face, body and foot massage techniques, and a wide variety of aromatherapy treatments, to promote health and harmony. Over 150 illustrated techniques introduce easily learned massage strokes and essential oil applications for quick-fix daily remedies and slow, sensual relaxation.

*The Piercing Bible* - Elayne Angel 2011-02-16

Piercing pioneer Elayne Angel has performed over 40,000 piercings since the 1980s and has brought many practices, such as tongue-piercing, into the mainstream. She brings her exhaustive knowledge to this groundbreaking manual that covers everything you need to know about the process, including: • The best piercings and placements for various body parts and body types • Terminology, tools, and techniques of the trade • Vital sterility, sanitation, and hygiene information • Jewelry designs, shapes, and materials • Advice for people with stretch marks, plastic surgery, and unique anatomy • Healing, aftercare, and troubleshooting for problem-free piercing "As a piercer, nurse, and educator, I can say without a doubt that this is the most complete book ever written for all people in our industry." --DAVID A. VIDRA, FOUNDER AND PRESIDENT OF HEALTH EDUCATORS, INC. "No one is more qualified to write this book than Elayne Angel. With more than three decades of personal experience to her credit, no one knows the subject better." --JIM WARD, FOUNDER OF GAUNTLET, THE WORLD'S FIRST BODY PIERCING STUDIO "This is an exciting book for a field that has exploded in the last two decades. National industry standards are needed, and Elayne provides important data." --MYRNA L. ARMSTRONG, RN, EdD

*Study Guide to Accompany Anatomy and Physiology* - Kalyani Premkumar 2011-03-16

The 3rd edition of 'Anatomy and Physiology' ties anatomy and physiology to situations massage therapy students will face in practice, and makes

this material accessible to facilitate learning. This accompanying study guide helps students apply their knowledge and ensure their understanding of the content covered.

*Precepts for Life Study Guide* - Kay Arthur 2009-01-01

Daniel - Dare to be God's Messenger - Precepts for Life Study Guide for the radio / tv broadcast series by Kay Arthur. (Covers whole book of Daniel) Get to know the Most High God and understand the times we live in through the prophetic book of Daniel. Listen to what God says to Daniel - and to you - so that you might "dare to be a Daniel" - a man or woman of uncompromising faith!

*The Mythical Creatures Bible* - Brenda Rosen 2009

Presents entries on creatures and legends from around the world, featuring mythic entities including dragons, serpents, golems, banshees, nature spirits, and sacred beings.

**Whole Body Massage** - Nitya Lacroix 2009

A complete top-to-toe practical guide to massage, aromatherapy and reflexology for every part of the body. All you need to know about massage and related therapies - instant quick-fixes, in-depth treatments, luxurious pampering sessions and sensual routines for two.

Massage for Couples - Ashley Dwyer 2020-08-11

Discover a deeper connection with your partner through the healing power of massage There's nothing like the stress-relieving, mood-lifting comfort of physical touch to bring out the best in your relationship. Whether you are helping a partner with aches and pains or looking to foster intimacy, *Massage for Couples* will teach you time-honored techniques from around the world that have made massage a staple for relaxation and relationship longevity since ancient times. Begin by gaining confidence in using your hands to provide a healing touch. Then discover guided massage sequences to soothe, inspire, uplift, relax, or resolve a specific pain point. Support your partner's well-being and enjoy a healthy, enriching way to spend quality time together. Inside *Massage*

for Couples, you'll find: Naturally healing together--Practice a holistic method of experiencing pleasure and providing relief from stress and fatigue. Body wisdom--Educate yourself on some light biology and anatomy lessons that will help you refine your skills and give truly transformative, bliss-inspiring massages. Comfort and connection--Master instructions for resolving specific aches and pains as well as tips for connecting with a partner emotionally. Learn the healing power of touch to promote wellness and heighten intimacy with *Massage for Couples*.

*Magnet Therapy* - William H. Philpott 2000

Magnetic energy can play a vital role in recovery from pain and other chronic problems. Learn how the use of magnets can heal, diagnose, and reverse 35 major health conditions with this self-help guide from one of the nation's leading magnet experts. *MAGNET THERAPY* the complete self-help guide to magnets contains: Practical information on how to buy magnets and apply them An A-to-Z of health conditions that can be improved with the use of magnet therapy How magnets diagnose disease Dramatic results of magnet therapy told through success stories

Ecclesiastes or, The Preacher - Doris Lessing 1999-01-01

Ancient tradition suggests that this world-weary lament is the work of Solomon in old age. Casting its eye over the transient nature of life, the book questions the striving for wisdom and the truth, choosing instead to espouse the value of living for the moment. The text is introduced by Doris Lessing.

*The Crystal Bible* - Judy Hall 2016-04-01

A comprehensive and beautifully illustrated guide to crystals. Find a known crystal instantly or identify an unknown crystal in this easy-to-follow directory that includes photographic identification, detailed descriptions, and information on the individual properties of each crystal-including the spiritual, mental and psychological, emotional and physical effects, plus its use in healing. It's an indispensable reference for crystal lovers everywhere.