



Mindfulness: Your Step-By-Step Guide to Quick and Easy Meditation and Relaxation Techniques (Stress Solutions, Massage therapy, Meditation for Beginners, ... Relaxation, Massage, Mindfulness)

Matthew Jones

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Discover Quick And Easy Massage Techniques For Your Relaxation Needs!

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This book focuses on the relaxation styles of massage therapy. Readers get to learn what massage is used for, how massage works, as well as the safety precautions for those considering massage as a means to improve health. The benefits of massage are further tackled in the second chapter, and from there the discussion moves to the most common types of massage and various massage techniques. Tips for giving a soothing and relaxing massage are also provided in the final chapter of this book. Massage therapy is an interesting healing art form to learn about, and I hope this book will be able to provide what you need to get started.

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- Massage Techniques
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