

The Self Shiatsu Handbook

Prepare for Your Inner Zen Warrior: A Review of "The Self-Shiatsu Handbook"

Let's be honest, life can sometimes feel like a tangled ball of yarn that's been aggressively wrestled by a caffeinated squirrel. Between deadlines, social obligations, and the existential dread of choosing what to have for dinner, our bodies often bear the brunt of this chaos. Enter "The Self-Shiatsu Handbook," a book so delightfully quirky and surprisingly effective, it deserves a standing ovation, a standing ovations from a herd of fluffy alpacas. Seriously, this isn't your grandma's dusty self-help manual; this is a vibrant portal to feeling fantastic, whether you're a stressed-out student cramming for exams or a young adult navigating the thrilling (and sometimes terrifying) landscape of their early twenties.

From the moment you crack open its pages, you're whisked away to an imaginative setting that feels less like a sterile anatomy lesson and more like a whimsical adventure. Think of it as your personal guided tour through the magical meridians of your own body, complete with helpful hand-drawn illustrations that are as charming as they are informative. The authors have a knack for making complex concepts feel as simple and accessible as tying your shoelaces (though, trust me, you'll feel more limber doing these techniques than tying your laces after a long day!).

But don't let the fun fool you; this handbook possesses a surprising emotional depth. It gently encourages you to connect with your physical self, to listen to what your body is silently screaming (or perhaps just politely hinting) at you. It's a journey of self-discovery, a gentle reminder that you are worthy of care and attention. Whether you're feeling the weight of the world on your shoulders or just a general sense of 'meh,' "The Self-Shiatsu Handbook" offers a pathway to release tension, boost energy, and rediscover a sense of calm that feels almost magical. And the best part? This magic is entirely within your reach, no fairy godmother required!

What truly makes this book a standout is its universal appeal. I've seen students who've discovered newfound focus before big presentations, young professionals who've banished desk-chair-induced aches, and even seasoned readers who've rediscovered the simple joy of feeling good in their own skin. It's a tool that transcends age and experience, offering tangible benefits and a much-needed dose of self-compassion. Imagine being able to give yourself a mini-spa treatment in the comfort of your own home, anytime you need it! It's like having a secret superpower for stress relief.

So, if you're looking for a book that will:

Spark joy and laughter with its charming presentation.

Empower you with practical, easy-to-follow techniques.

Deepen your connection with your own body and well-being.

Offer a delightful escape into a world of personal healing.

Then "The Self-Shiatsu Handbook" is an absolute must-have. It's more than just a guide; it's an invitation to embark on a lifelong journey of self-care and physical harmony. This isn't just a book you read; it's a book you **experience**, a book that becomes a trusted companion in your quest for a happier, healthier, and more radiant you.

My heartfelt recommendation: Dive into "The Self-Shiatsu Handbook" and prepare to be charmed, empowered, and utterly refreshed. It's a timeless classic in the making, a beacon of accessible wellness that continues to capture hearts worldwide because it reminds us of the profound power we hold within ourselves. Don't just read it; embrace it. Your future, more relaxed self will thank you!

In conclusion: This book is a strong recommendation for anyone seeking to entertain themselves while simultaneously investing in their well-being. It's a genuine treasure, a timeless classic that promises to bring a smile to your face and a sense of peace to your body. Go get it! You won't regret this magical journey.

The Self-shiatsu Handbook
Masunaga Shiatsu Manuals – 3rd month
Masunaga Shiatsu Manuals – 2nd month
Self-shiatsu and dō-in
Masunaga Shiatsu Manuals 4th
Five-Minute Healer
The New Chinese Medicine Handbook
Healing with Pressure Point Therapy
Pre- and Perinatal Massage Therapy
Pamela

Ferguson Shizuto Masunaga Shizuto Masunaga Antoine De Novi Shizuto Masunaga Jane Alexander
Misha Ruth Cohen Jack Forem Carole Osborne

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Therapy *Pamela Ferguson Shizuto Masunaga Shizuto Masunaga Antoine De Novi Shizuto Masunaga
Jane Alexander Misha Ruth Cohen Jack Forem Carole Osborne*

the ancient art of shiatsu involves simple finger pressure techniques for the treatment of painful
symptoms it can be self administered and needs no special equipment or oils this book describes
the techniques and includes remedies for headaches allergies cold symptoms eye strain computer
stress back pain jet lag jogging injuries women s problems such as menstrual pain breast
conditions pregnancy and menopause and techniques tailored for children and the elderly

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week correspondence courses providing students with his own purpose written material we saw
these course books during a visit to the iokai shiatsu centre in tokyo and given their valuable
content decided to translate and publish them other than their historical interest we believe the
four volumes this is the second will be extremely helpful to shiatsu students practitioners and
teachers alike the extensive topics covered in the four manuals range from the history of shiatsu
the japanese legislature on the subject how to execute pressure and the rules to follow basic
techniques exercises for health shiatsu as first aid clinical shiatsu shiatsu for children and
aesthetics

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the 21st century is the time at of the spiritual as well as that of the body as carl gustav jung beautifully put it the body is the soul perceived by the five senses the body can be defined thanks to its matter its physical and visible structure but also thanks to its invisible part or spirit mind the western world is slowly becoming more aware of the perception of the body while opening up to the concepts of energy and martial arts coming from far east the body mind duality is not so present anymore experimenting with the body allows one to find deeper perspectives in the understanding of oneself yoga qigong or shiatsu among other disciplines will allow the western world to discover the wonderful powers of the human body and its capacity to self heal antoine di novi from his activity in his private practice his interventions with local associations and the corporate world will give you some of the keys and secrets of self shiatsu and do in that are considered as health methods in japan do you want to improve your health maintain your vitality and help your whole family feel better don t wait any longer practicing shiatsu when you wake up will help you to boost your day after lunch it will help you to have a better digestion before going to bed to sleep better and it will also help relieve muscular strains in the back neck shoulders and even stress related tensions just follow lian sakura antoine s students along with koturi the bird and kuma the bear exercise yourself at home or at work easily thanks to izumi asano s illustrations and antoine s instructions

in the 70s shizuto masunaga sensei a great master and the creator of keiraku shiatsu meridian shiatsu conducted four month correspondence courses he sent his students the four manuals he had written to purpose given their valuable content we decided to translate them from japanese believing them to be of great help to students practitioners and teachers of shiatsu alike this fourth and last volume illustrates clinical shiatsu examining a series of common ailments and recommending the most appropriate meridian treatment from the illustration of the symptoms to how to assess and how to cure each section is supported by figures giving the meridian pathways the final week also considers shiatsu for children and beauty the concepts are accessible to everyone and are useful for we as practitioners and for the recipients we practice on shizuto masunaga was truly a master and his words always have something to teach us

for busy people who want to maximize their health and vitality without revamping their daily schedules this beautifully illustrated guide offers quick tricks for boosting energy feeling your best and looking terrific full color photos illustrations

take control of your healing process and balance your mind body and spirit with these lessons in chinese medicine

this comprehensive guide shows readers how to treat common health problems using a variety of pressure point therapies acupressure shiatsu reflexology acu yoga and trigger point therapy for each condition readers can experiment to discover which of these methods work best for them foreman offers therapies for more than 65 complaints from acne arthritis and weight control to eyestrain headaches and impotence more than 50 clear illustrations show readers exactly what they need to do a section of master drawings show the complete array of points and meridians the same ones used in acupuncture then each section offers simpler drawings illustrating only the specific points needed for the condition being discussed concise instructions on pressure techniques accompany the illustrations

this is the third edition of a highly successful guide to using massage therapy through all stages of the birth process from pregnancy through labor and birth and into the long postpartum period it is primarily for massage therapists but is also intended for physical therapists other manual therapists and bodyworkers nurses and midwives physicians and doulas any professional who wants to integrate more therapeutic touch in their work the text combines what anyone who works with pregnant people needs an exhaustive distillation of current scientific knowledge alongside hands on recommendations specific techniques and business success from almost a century of the authors combined experience the reader will gain a detailed understanding of what is happening to the body during pregnancy and beyond how massage techniques can impact those changes and very concrete applicable strategies for how to work with maternity clients to make them feel better amidst this abundance of detail about what to do the authors also explore the flipside what therapists need to modify and avoid to ensure that their work with pregnant and postpartum clients is safe how to recognize high risk factors or other complications how best to adjust treatment and how to work with medical healthcare providers throughout the process

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