



An Holistic Guide to Massage: From Beginner to Advanced Level and Beyond

Tina Parsons

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An Holistic Guide to Massage incorporates the links between body, mind and soul in the search for well-being. This approach has not been taken by any other text written about massage. Other texts currently available tend to focus on one theory and one theory only, whereas this book encourages students to look at the wider picture encompassing different theories. Students are then able to make their own mind up about which massage therapy to practice.

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