



Empowering Your Life with Massage (Paperback)

By Carolyn Flynn, Erica Tismer

Dorling Kindersley Ltd, United Kingdom, 2004. Paperback. Condition: New. Language: English . Brand New Book. From the moment of birth, each of us is composed of three elements - a body, a mind, and a spirit. Through the union of these three elements, we can achieve personal empowerment. Empowering Your Life with Massage is a book that will empower readers to know who they can use massage in their lives as an enlightening tool. Through massage, readers will be able to manifest the love, joy, family, community, creativity, health and abundance they crave. Many other books have been written about massage, but this one will point readers in the direction of true, deep and abiding empowerment, and it will show them how to use massage to get there. The book shows readers how to begin an Empowerment Journal to record their journey from the outside in, to the heart of who you are and want to become, with massage as the path. It uses multiple massage techniques (both self and partnered) to lead readers to empowerment, while drawing on a multitude of New Age methods including yoga, chakras, reflexology, aromatherapy, acupressure, auras and chi. Readers are helped to develop trust...



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Reviews

Absolutely among the best book We have ever study. It is actually writter in easy words instead of hard to understand. I found out this publication from my i and dad encouraged this book to find out.

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