

Personal Trainer Body Massage: The At-Home Massage Class to Release Tension, Relieve Muscle Strain and Recover After Sport, 2009, 128 pages, Esme Floyd, 1847324746, 9781847324740, Carlton Books, Limited, 2009

Anyone can practice healing, relaxing massage on friends and family with the help of these easy-to-follow instructions. Whether to ease tense muscles after sports or workouts, or to relax everyday tension, there are appropriate techniques for all parts of the body. Written in collaboration with an accredited massage therapist, the book is illustrated with photos showing how to execute each move safely. B B B

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1847324746, 9781847324740 "Natural Witchery features straightforward how-to's, first-hand stories, spells, rituals, fun quizzes, and creative exercises to help you live a more magickal life"--Back cover. The second edition of this authoritative guide on the impact of the Supreme Court's decisions on American society includes updated entries on key cases over the past thirteen. Operation Grapes of Wrath.

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