



## Acupressure: The Essential Guide (Large type edition)

By Denis Jevon

Need2Know. Paperback. Book Condition: new. BRAND NEW, Acupressure: The Essential Guide (Large type edition), Denis Jevon, Many people take medication for everyday ailments or injuries, and many patients suffering from long-term, chronic health issues are prescribed drugs to deal with pain or other problems secondary to the main one. This informative, easy-to-read guide introduces the subtle healing art of acupressure, and explains the principles behind its conception and practice. It details how acupressure can aid symptom relief and recovery from long-standing problems such as phobias and medical conditions or disabilities, promoting an enhanced sense of health and wellbeing. Divided into two parts, the first will help you decide if acupressure could help you, and whether its beneficial to seek a therapist or to self-treat. Different acupressure therapies and techniques are described, along with the oriental approach to health and its underlying principles. The second half is written in the form of a self-help manual, designed to teach simple acupressure techniques and demonstrates how to use them effectively, enabling you to treat yourself, family, friends or even pets if required. It provides detailed descriptions and diagrams of the locations of meridians and pressure points, and how to stimulate them.



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