



# The Complete Illustrated Guide to Massage: A Step-by-Step Approach to the Healing Art of Touch

By Stewart Mitchell

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### **Editorial Review**

#### **From Library Journal**

Mitchell's practical and informative guide to the principles and techniques of massage discusses the background, development, and rationale of this therapy and introduces the various techniques through clear step-by-step illustrations. For basic collections.

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#### **Review**

"This excellent book by Stewart Mitchell provides wide coverage of massage in its various forms and techniques. It is recommended to practitioners wishing to specialize in this subject and to students as a valuable background to one of the most important aspects of the healing arts" WILLIAM ARNOULD-TAYLOR CHAIRMAN, INTERNATIONAL THERAPY EXAMINATION COUNCIL 'A graphic and detailed guide to good massage techniques -- I recommend you give it to your partner to learn by heart!' MAIL ON SUNDAY

#### **About the Author**

Stewart Mitchell is director of The School of Complementary Therapies, Exeter

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