



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

*By Stewart Mitchell*

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Filled with full-color illustrations and easy-to-follow instructions, this encyclopedia of treatments and techniques teaches how to harness the healing power of massage.

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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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