



Relax!

with Self-Therap/Ease™
A Simple Illustrated Course

Whole-Body Relaxology! Easy to Learn! Easy to Use!

Bonnie Pendleton & Betty Mehling

Forewords by Irving Schaffner, M.D. & Alfred Mehling, M.D.

Relax With Self Therap Ease A Simple Illustrated Course

Bonnie Pendleton, Betty Mehling



Relax With Self Therap Ease A Simple Illustrated Course:

Relax! with Self-Therap/Ease Bonnie Pendleton,Betty Mehling,1984-01-01 Shows how to apply hand pressure to reduce tension and relieve muscle aches insomnia eye strain headaches indigestion colds and arthritis *Relax! With Self-Therapy-Ease* Bonnie Pendleton,Betty Mehling,1976 *Catalog of Copyright Entries. Third Series* Library of Congress. Copyright Office,1978 **Subject Catalog** Library of Congress,1977 *Subject Catalog, 1977* Library of Congress,1977

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Paperbound Books in Print ,1992 'American Book Publishing Record' Cumulative R. R. Bowker LLC,1978

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Relax With Self Therap Ease A Simple Illustrated Course Book Review: Unveiling the Power of Words

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