

FROM THE CREATOR OF THE MILLION-COPY BESTSELLER THE MASSAGE BOOK



THE MODERN BOOK OF MASSAGE
FIVE-MINUTE MASSAGES AND SENSUOUS ESCAPES



BY ANNE KENT RUSH • PHOTOGRAPHS BY PATRICK HARRON

Modern Of Massage Five Minute Vacations And Sensuous Escapes

Ilene Rosoff



Modern Of Massage Five Minute Vacations And Sensuous Escapes:

The Way of Stretching Anne Kent Rush, 2009-09-26 The book features stretching exercises designed to prevent injury and to promote the healing of specific body parts Rush incorporates ideas from many different traditions including T ai Chi Chinese medicine Aikido Zen yoga and massage Rush has pioneered a ingenious new technique called the Rush Reverse a simple to perform exercise that lengthens muscles Widely recognized as an authority on bodywork Rush is the author of the perennially popular *The Back Rub Book* and the illustrator of George Downing s two million copy bestseller *The Massage Book*

The Complete Idiot's Guide to Massage Joan Budilovsky, Eve Adamson, 1998 Outlines the history and benefits of massage and tells how to use massage to reduce stress improve circulation and soothe aching muscles

The Modern Book of Massage Anne Kent Rush, 1994 While the medical benefits of stress reducing massage are well documented many people cannot afford wither the time or the money for an hour long session at the hands of a trained professional In Anne Kent Rush s new volume of massage techniques for today s busy times she explains how massage mini vacations spaced throughout the day can significantly reduce the effects of stress on the body and soul Designed to be performed at home or in the office the vividly photographed techniques target typical problem areas such as the neck shoulders back feet and hands Done either alone or with a partner this modern massage relaxes and rejuvenates in minimal time Now everyone can reduce stress and stress related illness increase productivity and just plain feel better in as little as five to ten minutes a day

The Alchemy of Illness Kat Duff, 1993 Illness is a universal experience There is no privilege that can make us immune to its touch We are taught to assume health illnesses being just temporary breakdowns in the well oiled machinery of the body But illness has its own geography its own laws and commandments At a time when the attention of the whole nation is focused on health care Kat Duff inquires into the nature and function of illness itself Duff a counselor in private practice in Taos New Mexico wrote this book out of her experience with chronic fatigue syndrome but what she has to say is applicable to every illness and every one of us For those who are sick this book offers solace and recognition For those who care for them either physically or emotionally it offers inspiration and compassion Finally this fresh perspective on healing reveals how every illness is a crucible that tries our mettle tests our limits and provides us with an unparalleled opportunity to integrate its lessons into our lives

The Complete Idiot's Guide to Self-healing with Spas and Retreats Linda Short, 1999 Discover the total guide to selecting affording and getting the most out of the perfect spa experience from yoga to a good old fashioned facial massage mudbath approach with valuable tip and steps to bringing luxuries home Illustrations throughout

The WomanSource Catalog & Review Ilene Rosoff, 1995

The Publishers Weekly, 1994

Yoga Journal, 1995-06 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness

wellness travel and fashion and beauty *Subject Guide to Books in Print* ,1975 Books in Print ,1991 Books in Print Supplement ,1994 **Forthcoming Books** Rose Army,1994 **The Modern Book of Massage** Anne Kent Rush,Patrick Harbron,1994 **The Advocate** ,2001-08-14 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States **New York Magazine** ,1994-11-07 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea **New York Magazine** ,1997-12-15 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea *New York Magazine* ,1997-03-24 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea **The Country Gentleman** ,1907 *TLA Film and Video Guide, 1996-1997* TLA Publication Staff,Tla Publication,1996 **The Washingtonian** ,1986

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