

A woman with dark hair, wearing a white tank top, is shown in profile, performing self-shiatsu on her neck and shoulder. Her right hand is placed on her left shoulder, and her left hand is near her neck. The background is a soft, textured pinkish-brown.

The Self-Shiatsu Handbook

Easy techniques
for drug-free
pain relief
and to improve
your own well-being

Pamela Ferguson

Self Shiatsu Handbook

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