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# Kiss Guide To Massage Keep It Simple Series

**Joan Budilovsky, Eve Adamson**



## **Kiss Guide To Massage Keep It Simple Series:**

*K.I.S.S. Guide to Massage* Clare Maxwell-Hudson, 2002-01-23 The only guide you'll ever need to master massage from head to toe Improve your technique through a better understanding of anatomy choose the right equipment from massage couches to essential oils find out how to vary massage styles for children athletes and seniors Master simple exercises from tapping to chopping and kneading Discover a range of therapies that complement massage The KISS Series delivers its promise simple access to all the information you'll need on any one subject Expert authors walk you through each topic using simple blocks of knowledge to develop your skills Straightforward and relaxed in its approach to each subject and full color photography on every page make KISS Series inspiring and informative with key information highlighted throughout

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*K.I.S.S. Guide to the Unexplained* Joel Levy, Bob Rickard, 2002 This guide to the unexplained explores strange supernatural happenings investigates psychic powers and offers insights into UFO cases *KISS Guide to Massage* Clare Maxwell-Hudson, 2002 This Keep It Simple guide introduces the various forms of massage from around the world explains how to assess a person's massage needs and shows how to adapt one's technique to the various parts of the body It aims to help the reader choose the right equipment from massage couches to essential oils master simple strokes from fanning to hacking and kneading and discover a range of therapies that complement massage *K.I.S.S. Guide to Home Improvement* Martin Preston, 2002-08-09 A guide for repairing and maintaining the home Learn how to do plastering sanding painting and tiling Be prepared for any repair from filling in walls to finishing floors Make the home safe and secure **KISS Guide to Planning a Wedding** Stephanie Pedersen, 2004 The Keep It Simple Series has set a new standard in how to publishing The truly accessible guides inspire and instruct readers and deliver all the information one needs to know about the featured subject Expertly written with helpful diagrams full color photographs and illustrations these 2 new titles give readers even more reasons to K I S S inexperience goodbye A comprehensive clearly organized game plan for the soon to be married this guide quickly and confidently takes into account every detail and nuance of planning a happy and memorable wedding without going broke getting stressed or alienating your family and friends *The Complete Idiot's Guide to Hypnosis, 2nd Edition* Roberta Temes, Ph.D., 2004-09-06 From treating cigarette addictions to losing weight from setting career goals to getting a good night's sleep this updated second edition by noted psychologist and hypnotherapist Roberta Temes shows how to use hypnosis responsibly to improve one's quality of life Includes updated step by step instructions for self hypnosis plus clear explanations of what hypnosis is and how it works tips for finding a reputable hypnotherapist tips on solving problems

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**KISS Guide to Living with a Dog** Bruce Fogle,2000 Covers choosing a breed based on personality and lifestyle grooming teaching obedience understanding and responding to behavioral characteristics and treating medical problems

*Forthcoming Books* Rose Arny,2003      **Supporting Self Care in Primary Care** Ruth Chambers,Gill Wakley,Alison Blenkinsopp,2018-08-08 Self care is about people's attitudes and lifestyle as well as what they can do to take care of themselves when they have a health problem Supporting self care is about increasing people's confidence and self esteem enabling them to take decisions about the sensible care of their health and avoiding triggering health problems Although many people are already practising self care to some extent there is a great deal more that they can do Ruth Chambers Gill Wakley and Alison Blenkinsopp in the Preface Designed around the Department of Health's Working in Partnership Programme this book is full of easy to implement advice for everyday use promoting a positive approach to self care and demonstrating how smoothly it can be introduced and undertaken Supporting Self Care in Primary Care encourages interactive professional learning and development both individually and within a team and highlights the importance and benefits of self care in the workplace It is a self contained text with tools and illustrative examples to aid comprehension and includes a complementary web resource containing further tools and a training package All healthcare professionals involved in commissioning or providing primary care to patients will find this practical guide invaluable as will healthcare managers and health promotion specialists      **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      *What Men Really Want* Martin Cook,2024-08-29 Dive into the Secrets of Intimacy and Desire Are you ready to transform your intimate relationship and discover what truly drives male sexuality What Men Really Want A Guide to Sexuality and Intimacy takes you on an eye opening journey into the heart of male desires debunking myths and providing you with actionable insights to deepen your connection With over 20 detailed chapters this guide unravels the complexities of male sexuality and offers practical advice to enhance your emotional and physical intimacy Understand the psychology of male desires and how they differ from female ones Learn to build solid emotional intimacy through effective communication techniques and discover how touch and physical affection are crucial in keeping the spark alive Delve into the nuances of male arousal and the importance of foreplay uncover common arousal triggers and learn to express and fulfill sexual fantasies without compromising your needs This guide also addresses vital aspects of emotional support and trust crucial

elements that bolster sexual intimacy Navigate the challenging terrain of sexual insecurities and performance anxiety with confidence and explore how to incorporate kinks and fetishes into your relationship respectfully The impact of technology aging and parenting on intimacy is dissected to offer you practical solutions for maintaining a fulfilling sex life amidst life s transitions Whether you re dealing with long distance challenges balancing friendships or navigating cultural and religious influences What Men Really Want provides expert advice to help you foster a deeper connection Benefit from insights into sexual health and safety hormonal influences and the role of sex therapy ensuring you have all the tools needed for a thriving intimate relationship Begin your journey towards a more connected satisfied and fulfilled partnership today *Find Your Pleasure* Cynthia Loyst,2020-01-07 From The Social cohost Cynthia Loyst a deeply personal lifestyle book about how to take the guilt out of pleasure and get to the heart of what you need and want in all aspects of life from family home and work to love and sex Find Your Pleasure is a pleasure revolution where society has told women to feel guilty or ashamed for embracing pleasures Cynthia Loyst shows you how to get to the heart of what you need and want in every aspect of life Live Uncover the beauty of everyday moments celebrate family and friends find fun and satisfaction in your workdays and enjoy the immense rewards parenting has to offer all while being mindful of taking care of yourself Love Cynthia reveals everything from learning to enjoy your body more ways to feel intimate and communicate effectively with your partner and the keys to having better sex Inspire Find out how to let your creative self bloom seek out exciting new pathways in life and let kindness guide you with Cynthia s tips and tricks for mastering mindfulness and meditation Through her insightful anecdotes Cynthia empowers women to revel in all of life s joys even the messy ones Filled with beautiful color photographs Find Your Pleasure is a treat for the soul that you can devour in one go or savor in tiny bites **The Medical Herald** ,1916 *Saint Joseph Medical Herald* ,1916 *Heart and Hands* Elizabeth Davis,2004 For over two decades HEART HANDS has been a beloved guide for both midwives and parents interested in the benefits of midwifery care This all new fourth edition has been revised from start to finish featuring updated material that emphasizes independent midwifery physiologic natural birth and the art of nonintervention Midwifery expert Elizabeth Davis includes valuable hints for turning breech and posterior babies mediating pain in labor and supporting newborn physiology Davis also reveals the keys to postpartum recovery with practical tips on breastfeeding for busy mothers Comprehensive and compassionate HEART HANDS remains a dog eared classic for parents midwives and other birthing helpers Thoroughly revised and updated fourth edition of the classic text for midwives also useful for expecting parents nurses childbirth educators doulas and other labor helpers Features new diagrams and photographs updated midwifery forms and an expanded resource list for parents Expanded sections on GBS VBAC gestational diabetes and water birth address current controversies Previous editions have sold more than 150 000 copies An impressive and deeply caring book reveals a shrewd and compassionate sensitivity to women s needs in pregnancy and childbirth Sheila Kitzinger author of *The Complete Book of Pregnancy and Birth* **Advanced Canine Reproduction and**

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