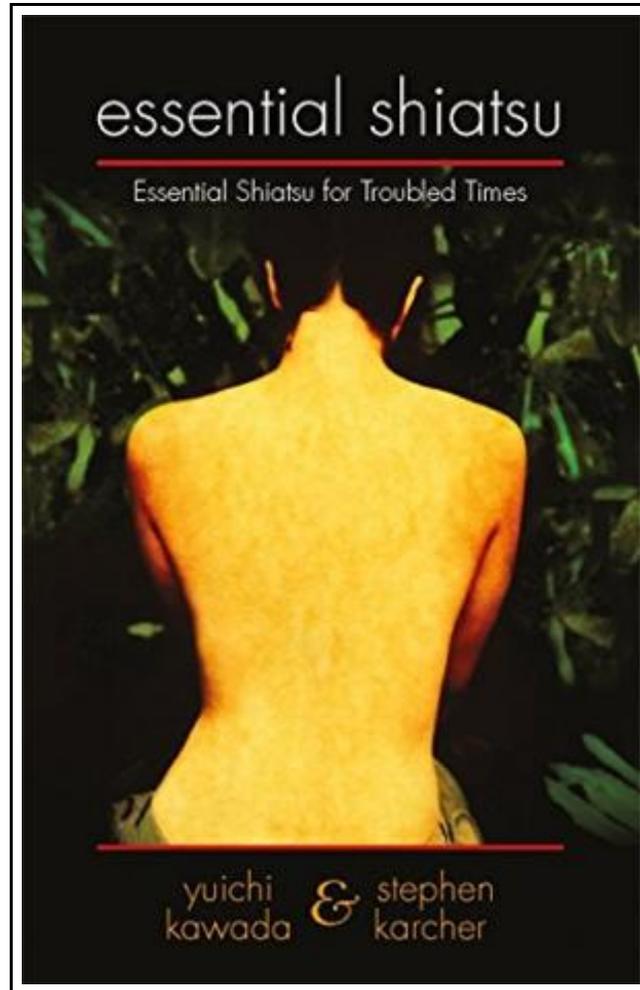


## Essential Shiatsu: Essential Shiatsu for Troubled Times



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Little, Brown Book Group, United Kingdom, 2010. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book. Shiatsu is the ancient Japanese art of finger pressure massage and, just like acupuncture, it aims to identify and treat the 8 meridians of the human body by applying pressure and stimulation in order to treat a wide variety of human ailments and lethargies. The 8 meridians were known even in ancient times, but no one really knew fully their significance in putting right major imbalances. In **ESSENTIAL SHIATSU**, experienced Shiatsu master Yuichi Kawada brings this ancient art up-to-date and fully explains and illustrates the first ever full mapping of the new meridians and offers instruction on how to stimulate them with hand pressure and stretching. The psycho-somatic connection of illness is explained and the book features a comprehensive list of ailments and suggested Shiatsu treatments. The author also provides reassuring and inspiring case histories which show how the treatment has been effective in treating real life cases.



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