



## Feel Fit and Relaxed with Massage

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# Feel Fit and Relaxed with Massage

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## **Feel Fit and Relaxed with Massage** Red. Serges Verlag

An easy to follow, fun guide with step-by-step instructions and many color photos, this book opens the door to experiencing the beneficial effects of massage. All types of stress can lead to tense muscles. Office workers who spend the day at a desk, typing away and concentrating on a screen, often complain of tension in their shoulders and neck and cramps in their hands and arms. If you're on your feet all day, standing or walking around, then you may suffer from tired feet and heavy legs. You can learn to provide an immediate remedy without any side effects for many kinds of muscular aches and pains when needed. This book will quickly teach you how to help yourself and others relieve the muscular aches and pains of everyday life and enjoy the healing benefits of massage, even in the comfort of your own home.

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