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learn how to use the 8 most effective acupressure points to help you achieve the results you need relieving stress and pain this book is designed to teach beginners or anyone with stress or pain to use these acupressure points without complex instructions or tools of any kind this introductory text will give you the understanding and confidence to help release tension increase your ability to relax reduce pain and improve your health with acupressure each point is described with its unique characteristics names chinese name meridian number how to find the point how to activate the point benefits of the point and illustrations describing where the point is on the body everything you ll need to start on these great 8 points plus bonus points quickly learn how to find the points how many points to work how to apply pressure to points duration for pressure on the points frequency for performing acupressure breathing techniques you ll learn about this ancient acupressure healing system from both the eastern and western perspectives as well as gain an understanding of traditional chinese medicine tcm acupressure concepts such as points and meridians the pathways for life energy and qi this knowledge will allow almost anyone to begin to practice acupressure with the confidence they need to help themselves relieve stress and pain by the end of this book you will have a clear understanding of this powerful form of physical healing which has served human beings for thousands of years it can work for you too

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