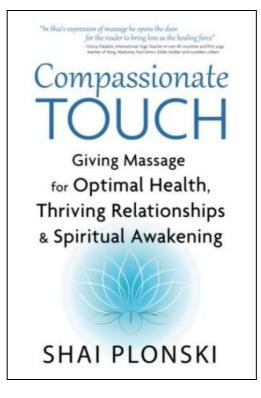
## Compassionate Touch: Giving Massage for Optimal Health, Thriving Relationships Spiritual Awakening (Paperback)



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#### Reviews

*Extremely helpful for all type of folks. It generally is not going to expense a lot of. I found out this book from my dad and i advised this book to find out. (Melany Goyette)* 

# COMPASSIONATE TOUCH: GIVING MASSAGE FOR OPTIMAL HEALTH, THRIVING RELATIONSHIPS SPIRITUAL AWAKENING (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. How To Give A Massage That Feels At Least As Good For You As It Does For Your Partner Massaging the way of compassionate touch is preventative medicine that helps you to let go of stress and tension, replacing it with vitality. It helps you to feel younger while you help those you care about. It helps you to deepen your relationships from a place of non-judgement, simply touching with an attitude of I m here and I want to lend a caring hand. By treating your partner as your primary teacher, you will learn to communicate better and this can have a dramatic impact on your relationships. This method teaches you to let go of baggage and patterns and instead see your partner as the wonderful person that they are. Doing something that feels this good for you and for them creates a spiritual awakening. It takes the benefits of a yoga, meditation, getting into nature, healthy eating, and/or a martial arts practice to a whole new level. That s because we need each other to find peace within. Giving massage as compassionate touch is a way to do just that for instant results that will also last a lifetime. This kind of folk medicine has been practiced for thousands of years and now you can be part of this global community! You too can give a professional quality massage at home, to your loved ones, on a bed, on a mat, wherever you re most comfortable! Giving an incredible massage is easier than you think. In Compassionate Touch: Giving Massage for Optimal Health, Thriving Relationships Spiritual Awakening, you will learn how to: Give a 30-minute massage built on compassionate...

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