



## Energetic Bodywork Practical Techniques

By Rita J. McNamara

Red Wheel / Weiser. Paperback. Book Condition: New. Paperback. 214 pages. Dimensions: 8.2in. x 5.4in. x 0.5in. Finding the perfect balance between mind and body is the key to experiencing a whole, healthy, and energetic lifestyle. Haunting memories of past trauma or a major emotional change can, however, keep you from achieving this goal. Energetic Bodywork is a pioneering effort in the field of psychosomatic and alternative healing that demonstrates the links between specific body tissues and emotional stress, which ultimately leads to the solution best for you. Rita J. McNamara, a practicing counselor and therapist, explains the mechanics of the mind-body connection. She offers clear and comprehensive descriptions of various treatments that go beyond traditional massage and physical therapies. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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