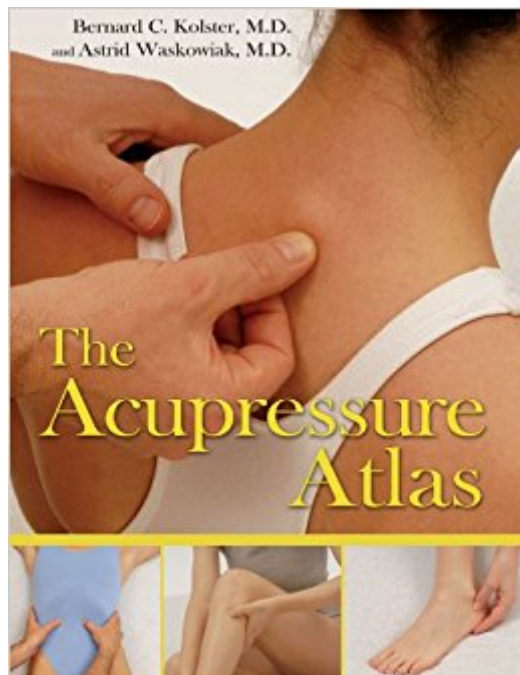


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# The Acupressure Atlas



## Synopsis

A fully illustrated and comprehensive reference guide to acupressure • Provides acupressure treatments tailored for a wide variety of health disorders, including back pain, heart and circulatory problems, and even the common cold • Contains step-by-step instructions illustrated in full color for self-treatment or treatment of a partner • A simultaneous hardcover and paperback release

Trouble sleeping, sensitive stomach, headaches, joint problems, allergies: Sensory ailments such as these have been steadily increasing in Western countries for decades. Acupressure--massage along the body's meridians in accordance with traditional Chinese medicine--can effectively prevent and treat all of these disorders, and more. The Acupressure Atlas is a fully illustrated and comprehensive reference guide that demonstrates how acupressure techniques activate and accelerate the body's self-healing powers to alleviate many health problems, including even the common cold. Acupressure confers a holistic health benefit that prevents disorder from arising by harmonizing and balancing the body's energies. It is particularly suited to self-treatment, the treatment of a partner, and especially the treatment of children. Along with an introduction to the origins and principles of traditional Chinese medicine, The Acupressure Atlas provides the most important basic techniques as well as step-by-step instructions, illustrated in full color, of the practical and specific information needed to put the healing techniques of acupressure at your fingertips.

## Book Information

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## Customer Reviews

"What's unique about [this] book is the photos for each situation: You do not ever have to guess or assume. The book stays open so you can refer to it while working." (M. Stoodley, writer and yoga teacher, Nov 2007)"If I had to pick just one book on acupressure for my personal library, The Acupressure Atlas, with its clearly explained and well-illustrated information, would be the one. . . . can be used to self-treat or to treat a partner or a child, making this book a fantastic gift or an excellent addition to anyone's collection of books on natural healing." (Animal Radio, May 2008)" . . . offers far more insights on home how-to basic health care than most titles and an emphasis on visuals which makes for infallible applications." (The Midwest Book Review, Apr 2008)" . . . an attractive text with useful photographs throughout and makes a lovely addition to the office bookshelf for massage therapists, acupressure specialists, or every day people who want to begin exploring more natural techniques. The book is well-organized, easy-to-follow and will lie open flat, making the over-sized text valuable as a reference tool. . . . " (Angela England, Suite 101, May 2008)"Both the medical doctors authoring this book, have through painstaking thoroughness, explained and elucidated every point, meridian and technique to facilitate the reader to obtain expertise in this self-healing form of treatment." (Sheela Bhojwani, East and West Series, Vol. 50, No. 3, Mar 2008)"An easy to follow book and excellent reference for natural health practitioners and even novices looking for self-help." (Making Scents, Winter/Spring 2008)"This giant paperbound book is filled with detailed photos and illustrations that will teach you the fundamentals of accupressure, with frequent references to its origins in ancient lore of Chinese medicine." (Rainbo Electronic Reviews, May 2008)"If I had to pick just one book on acupressure for my personal library, The Acupressure Atlas, with its clearly explained and well-illustrated information, would be the one. . . . can be used to self-treat or to treat a partner or a child, making this book a fantastic gift or an excellent addition to anyone's collection of books on natural healing." (Susan LosCalzo, New Age Retailer, Expo 2008)â œThe design of this book is both practical and attractive . The material is easy to follow (especially due to so many great photos) and the information given is clear and easy to understand. This is a valuable resource for bodywork practitioners as well as a very thorough introduction for those who want to learn Acupressure or try it at home.â • (Alaska Wellness, May 2011)â œHands down, The Acupressure Atlas is the best beginnerâ ™s book on acupressure . . . â • (TCM Reviews, May 2011)â œAlong with an introduction to the origins and principles of traditional Chinese medicine, The Acupressure Atlas provides the most important basic techniques as well as step-by-tep instrutions, illustrated in full colour, of the practical and specific information needed to put the healing techniques of acupressure at your fingertips.â • (Embody Magazine, October 2013)

**HEALTH / BODYWORK** The Acupressure Atlas The Acupressure Atlas is a fully illustrated and comprehensive reference guide that demonstrates how acupressure techniques activate and accelerate the body's self-healing powers to alleviate many health problems, including even the common cold. Sensory ailments--such as trouble sleeping, sensitive stomach, headaches, joint problems, and allergies--have been steadily increasing in Western countries for decades. Acupressure can effectively prevent and treat all of these disorders, and more. It is suited to self-treatment, the treatment of a partner, and especially the treatment of children. Acupressure, which is a component of traditional Chinese medicine, prevents disorder from arising by harmonizing and balancing the body's energies. One pillar of traditional Chinese medicine is the model that sees qi (life energy) circulating throughout the human body along a series of channels, or energy meridians. When qi can move freely along these channels, we experience good health and a sense of well-being. When our life energy is restricted or blocked--through stress, injury, poor diet, lack of exercise, or overwork--we experience pain and the symptoms of illness. Lined up along the meridians like pearls on a string are sensitive points called acupressure points. It is at these points that the meridians connect to the surface of the body. By massaging the acupressure points on the body's surface, we can release internal energy blockages and allow the health-giving energy to move freely once again. Along with an introduction to the origins and principles of traditional Chinese medicine, The Acupressure Atlas provides the most important basic techniques as well as step-by-step instructions, illustrated in full color, of the practical and specific information needed to put the healing techniques of acupressure at your fingertips. An illustrated appendix, providing a detailed overview of every point discussed in the book, will prove to be an invaluable reference.

**BERNARD C. KOLSTER, M.D.**, is a physical therapist and doctor. He has written a number of books on acupressure and reflexology in German and is the author, in English, of *Partner Massage* and *Look After Your Back*. **ASTRID WASKOWIAK, M.D.**, is a doctor as well as a medical and scientific editor. She writes about general medicine, natural healing methods, and medical tips for travelers. Drs. Kolster and Waskowiak are also the coauthors, in English, of *The Reflexology Atlas*. They live in Germany.

This is a well written and illustrated reference for acupressure points. Includes a brief overview of the Chinese traditional medicine, acupressure and massage technique instruction and well illustrated meridians. Nice reference book for a starting point into acupressure.

Very comprehensive coverage of acupressure points but weak on meridians and how the points so connect. The book is big. about the size of a end table top, and heavy. It is very difficult to use. Perhaps because the authors were German, it seemed a bit out of line with American texts. It would be a good book to have as a reference text but too big and heavy to use as a working text with a client.

Met our expectations and illustrated clearly. Recommend to friends.

Good book but...it's too big to fit on my bookshelves!

We bought this book as a source of health information. There is a well of information and practical suggestions when one is ill to refer to.

This book is amazing.

The photos in this book are excellent and very helpful for finding the correct pressure points. I would recommend The Acupressure Atlas for anyone with problems that acupuncture helps. Especially nice if you have a partner willing to do the pressure-ing!

I have been able to use this to help my husband with his pain and illness. It's very helpful.

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