



**Massage Therapy: Trigger Point Therapy:  
Acupressure Therapy: Learn The Best Techniques  
For Optimum Pain Relief And Relaxation  
(Massage and Relaxation Techniques ... with  
Trigger Point and Acupressure Therapy)**

*Ace McCloud*

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# **Massage Therapy: Trigger Point Therapy: Acupressure Therapy: Learn The Best Techniques For Optimum Pain Relief And Relaxation (Massage and Relaxation Techniques ... with Trigger Point and Acupressure Therapy)**

*Ace McCloud*

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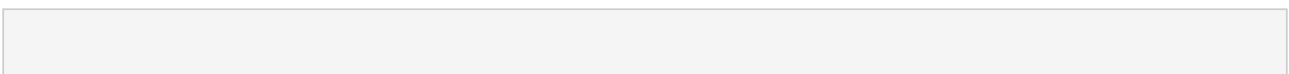
You may be amazed at how much you can do on your own to relieve Pain, Tension and Stress in order to live a much happier and healthier life! This book will teach you how to massage yourself and others along with the critical trigger and acupressure points to hit for maximum effectiveness! You don't have to spend hundreds of dollars on professional massages! Learn how to take care of yourself and your loved ones like a Pro on your own time schedule! **Get the Pain Relief that you need with Massage Therapy, Trigger Point Therapy, and Acupressure Therapy!**

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- All the Benefits of Massage, Trigger Point, and Acupressure Therapy
- A Step By Step Guide To Treat Each Major Area Of The Body
- The Locations of Critical Trigger and Acupressure Points
- The Best Products For An Enhanced And Enjoyable Experience
- Aromatherapy and Essential Oils
- Learn How To Give Yourself Or Others A Top Of The Line Massage From Home
- Putting It All Together For Long Term Health and Happiness
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