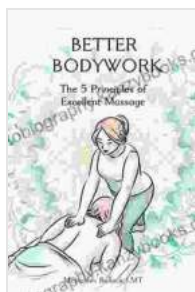


Better Bodywork: The Principles of Excellent Massage

By Jake A. Tucker



Better Bodywork: The 5 Principles of Excellent Massage by ADISH Books

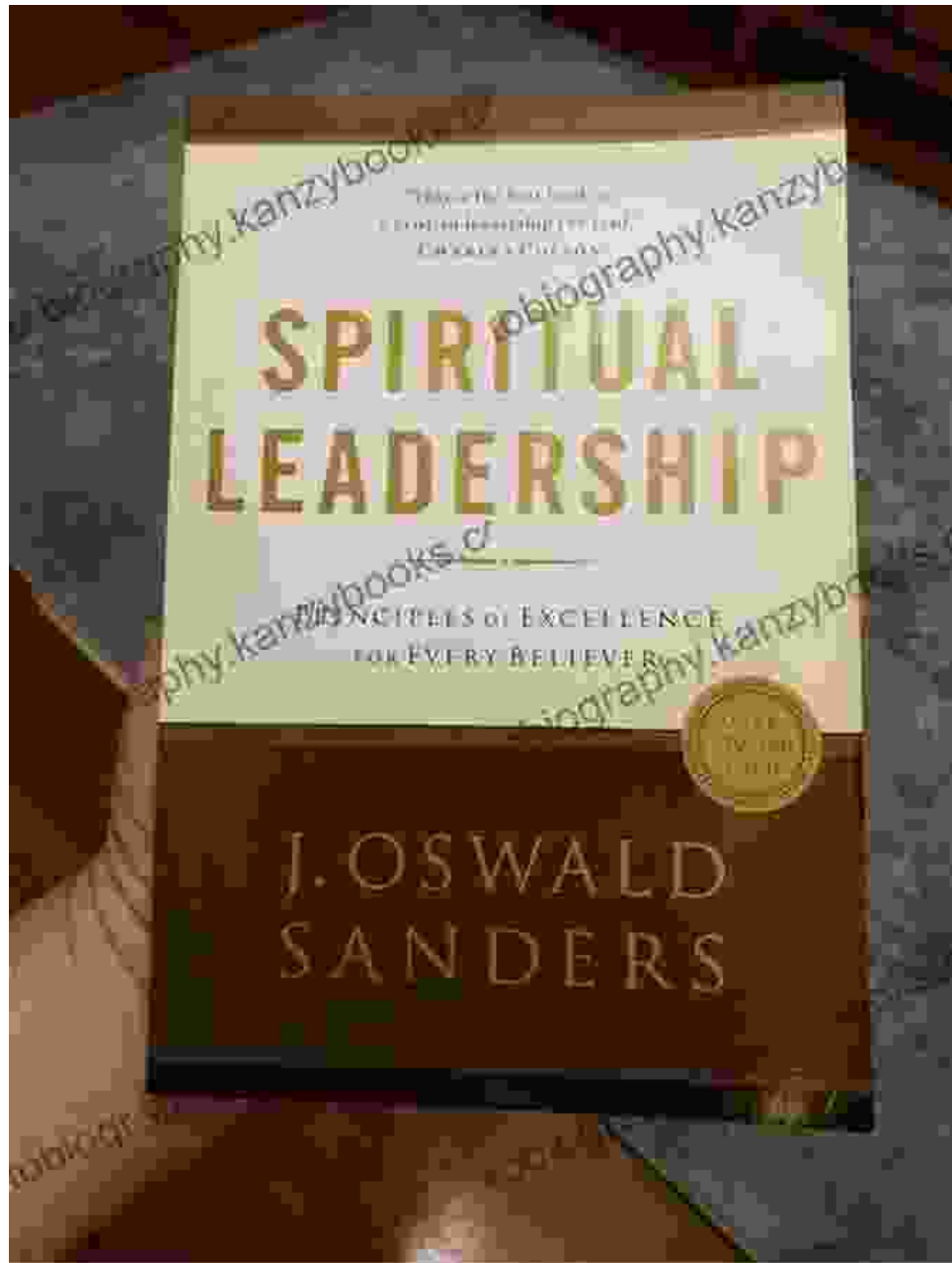
★★★★★ 5 out of 5

Language : English
File size : 640 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 52 pages

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About the Book

Better Bodywork: The Principles of Excellent Massage is a comprehensive guide to the art and science of massage therapy. Written by experienced massage therapist and educator, Jake A. Tucker, this book provides a thorough overview of the principles and techniques of massage therapy, including anatomy, physiology, pathology, and treatment planning.

The book is divided into four parts. The first part covers the basics of massage therapy, including the history of massage, the different types of massage, and the benefits of massage. The second part covers the anatomy and physiology of the human body, with a focus on the muscles, bones, and joints that are most commonly affected by massage. The third part covers the pathology of common conditions that can be treated with massage, such as pain, stress, and anxiety. The fourth part covers treatment planning, including how to assess a client's needs, develop a treatment plan, and evaluate the effectiveness of treatment.

Better Bodywork is an essential resource for massage therapists and students. It is also a valuable resource for anyone who is interested in learning more about the benefits of massage therapy.

Reviews

"*Better Bodywork* is a comprehensive and well-written guide to the art and science of massage therapy. Tucker provides a clear and concise overview of the principles and techniques of massage, and he does so in a way that is both accessible and informative. This book is an essential resource for massage therapists and students, and it is also a valuable resource for anyone who is interested in learning more about the benefits of massage therapy." - **Massage Magazine**

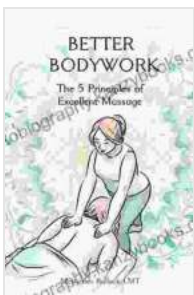
"Jake Tucker has written a masterpiece. *Better Bodywork* is the most comprehensive and up-to-date guide to massage therapy that I have ever read. Tucker covers everything from the history of massage to the latest research on its benefits. He also provides clear and detailed instructions on how to perform a variety of massage techniques. This book is a must-have

for any massage therapist or student." - **American Massage Therapy Association**

Author Biography

Jake A. Tucker is a licensed massage therapist and educator with over 20 years of experience. He is the founder and director of the Tucker Institute for Massage Therapy, a leading massage therapy school in the United States. Tucker is also the author of several other books on massage therapy, including *The Trigger Point Therapy Workbook* and *The Myofascial Release Manual*.

Better Bodywork: The Principles of Excellent Massage is a comprehensive and well-written guide to the art and science of massage therapy. It is an essential resource for massage therapists and students, and it is also a valuable resource for anyone who is interested in learning more about the benefits of massage therapy.



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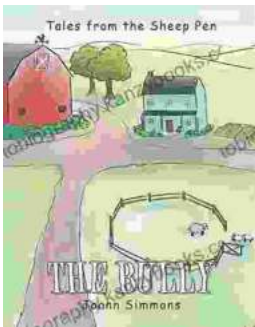
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