



The Book of Shiatsu: Vitality & Health Through the Art of Touch

Paul Lundberg

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With shiatsu (a Japanese word meaning "finger pressure") you can release and stimulate the energy flowing through your body -- using just your hands and fingers -- to awaken your body's natural healing modalities. *The Book of Shiatsu* is the authoritative, step-by-step guide to this uniquely effective therapy. The techniques offered are simple and can be used to treat a variety of health problems, particularly:

- Arthritic conditions
- Backaches
- Emotional stress
- Headaches and migraines
- Intestinal disorders
- Menstrual and reproductive problems
- Muscular pain and tension

Here you'll find more than 240 color drawings and photographs in a brand-new, accessible format, demonstrating how to give both whole-body and specialized massages, diagnose specific conditions, and work with the body's energy meridians to promote sustained health and well-being.

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