

The book was found

# The 15 Minute Neck Release: Learn How To Quickly Relieve Neck Pain And Stiffness Of A Friend Or Loved One



## Synopsis

Your Essential Guide to Releasing Neck Pain The purpose of this book is to explore and explain, in simple terms, how to do an effective neck release technique on another person in just 15 minutes. The primary benefits of doing a neck release on someone else is that it triggers a relaxation response, greatly reduces any pain related symptoms, and improves the overall function of the neck muscles, joints, and connective tissues. This book is written with the beginner in mind as well as those who are already familiar with some massage techniques. By the end of this book you will know how to:- Do 4 Simple Massage Techniques to Release the Neck- Work with Acupressure and Trigger Points- Reduce Neck, Shoulder and Back Pain Quickly- Work with the Neck Safely- Use Efficient Body Posture for Enhanced Benefits- Gain Confidence and Add Value to Your Massage Treatments - Release Stiffness in the Neck, Head and Shoulders - Help Others to Rest and Relax - and more..If you are looking for a guide that will give you some essential skills so that you can help reduce neck pain, then this is the book for you!

## Book Information

File Size: 1603 KB

Print Length: 49 pages

Simultaneous Device Usage: Unlimited

Publication Date: April 28, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B00WTWJZ6M

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #614,717 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #216

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Massage

#289 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts #773

inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Massage

[Download to continue reading...](#)

The 15 Minute Neck Release: Learn How to Quickly Relieve Neck Pain and Stiffness of a Friend or

Loved One Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1) 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back, Neck, and Shoulder Pain 7 Steps to a Pain-Free Life: How to Rapidly Relieve Back and Neck Pain The Pain-Free Program: A Proven Method to Relieve Back, Neck, Shoulder, and Joint Pain Release Your Pain - Resolving Soft Tissue Injuries with Exercise and Active Release Techniques Release Your Pain: Resolving Repetitive Strain Injuries with Active Release Techniques Learn German Step by Step: German Language Practical Guide for Beginners (Learn German, Learn Spanish, Learn French, Learn Italian) Quit Smoking: Stop Smoking Now Quickly And Easily- The Best All Natural And Modern Methods To Quit Smoking (Quit Smoking Now Quickly & Easily So You Can ... & Defeat Nicotine Addiction Once & For All) Natural Back Pain Solutions: Relieve Back Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) The 5-Minute Pain Management Consult (The 5-Minute Consult Series) Neck Check: Chronic Neck Pain Relief Once and For All (Super Spine) Grief: Overcome The Loss of A Friend or Family Member - Death, Bereavement, Family Loss & Depression (Mourning, Pain Relief, Loss, Emotional Pain, Funeral, Sympathy, Hospice Care Book 1) Cooking for One: 365 Recipes For One, Quick and Easy Recipes (Healthy Cooking for One, Easy Cooking for One, One Pot, One Pan) My Man's Best Friend - Book 1 (My Man's Best Friend series) Becoming God's Friend: Understanding Your Growth from Servant to Friend Five-Minute Relationship Repair: Quickly Heal Upsets, Deepen Intimacy, and Use Differences to Strengthen Love End Everyday Pain for 50+: A 10-Minute-a-Day Program of Stretching, Strengthening and Movement to Break the Grip of Pain

[Dmca](#)