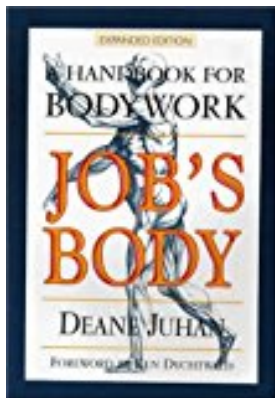


[PDF] Job's Body: A Handbook For Bodywork

Deane Juhan - pdf download free book



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Description:

From Library Journal Juhan examines the physiology and psychology of our response to touch, combining excellent illustrations with a detailed but readable technical discussion. Individual sections conclude with his position that through body work, "heightened self-awareness and improved control over conditioned responses" will improve our health and reduce our Job-like suffering. Although Juhan is a professional body worker at Esalen Institute, he does not describe the techniques used and readers will have to test his claims themselves. Recommended for comprehensive collections on human physiology. Michael D. Cramer, Virginia Polytechnic Inst. & State Univ. Lib., Blacksburg

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Review This fascinating text offers everything a health practitioner, massage therapist, exercise instructor, or student of human potential could hope for: an information-packed reference on the workings of the body and mind; a broad assortment of strategies for releasing tension, freeing energy, and enhancing health through "hands-on" bodywork; an eloquent exploration of the most mysterious and powerful of all human interactions--touch. -- *Dr. Ken Dychtwald*

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