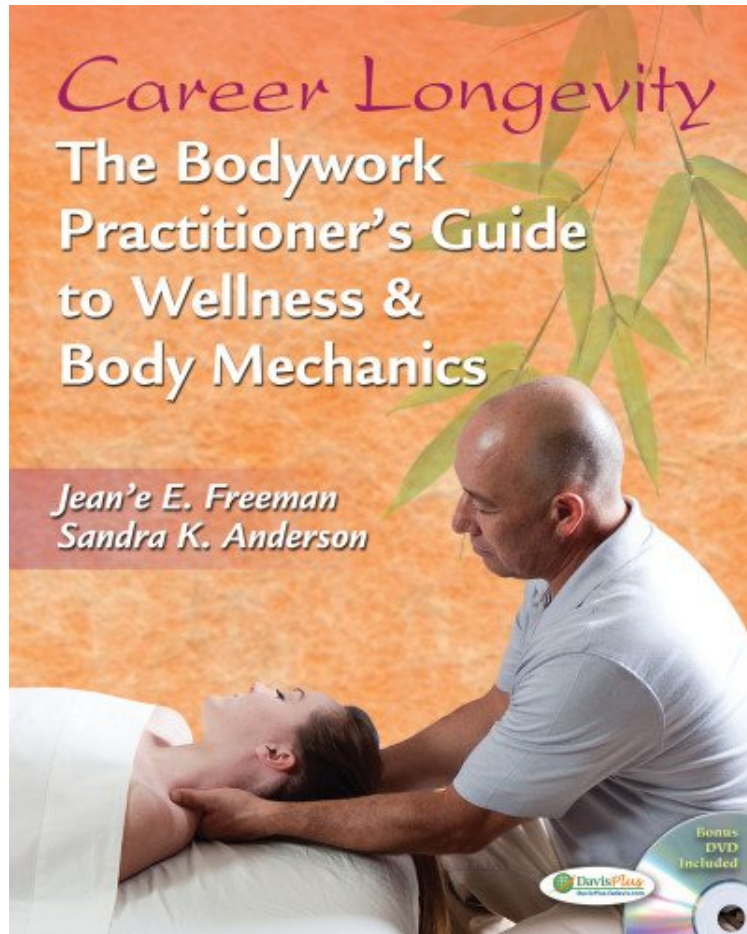


Career Longevity: The Bodywork Practitioner's Guide to Wellness and Body Mechanics

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Jean'e E Freeman BS AAS NCTMB LMT CFT RMT, Sandra K Anderson BA NCTMB LMT ABT : Career Longevity: The Bodywork Practitioner's Guide to Wellness and Body Mechanics before purchasing it in order to gage whether or not it would be worth my time, and all praised Career Longevity: The Bodywork Practitioner's Guide to Wellness and Body Mechanics:

Avoid the injury, muscle strain, fatigue and burnout that can shorten your career as a bodywork practitioner! This easy-to-use reference develops the skills you need to foster ease of movement and decrease your chance of injury. These skills, including self-assessment, life-style choices, body awareness and mechanics, balanced posture, efficient breathing, self-care habits, and injury prevention, give you the foundation you need to ensure that you are not putting undue strain on your own body. Yoursquo;ll learn how to maintain proper body mechanics and how to integrate

wellness, self-care, and nutrition into your practice. A bonus DVD features video clips of the proper body mechanics for massage techniques, as well as other positions, such as lifting and transporting a massage table/chair, and using massage tools.