



An Invitation to Massage (Holiday Petites Plus)

Alisa Vlahakis Povenmire

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As a society, we spend a lot of our time feeling overburdened and tired. Whether because of a hard day at work, tension at home, aggravating traffic, or personal anxieties, the stresses of life settle into our bodies, and our muscles rebel, tighten, and call out for some tender loving care. Massage is the perfect antidote for stress. So let this little book show you how massage can liberate your mind, attend to your body, and feed your soul.

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