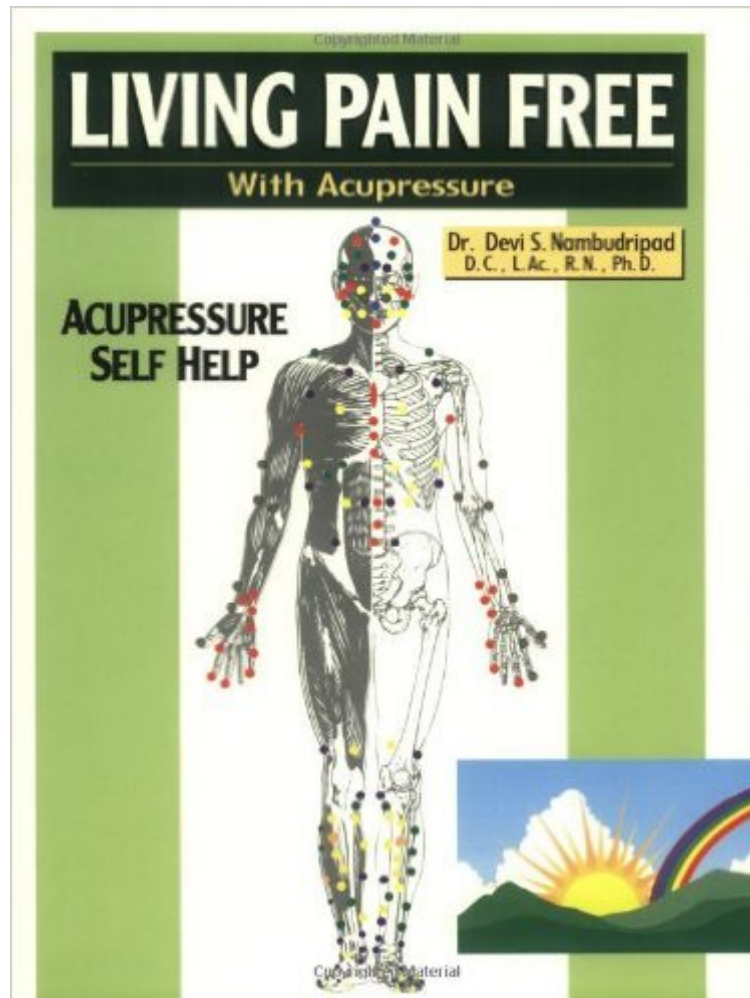


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Living Pain Free With Acupressure



Synopsis

Acupressure Self Help Book

Book Information

Paperback: 201 pages

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Customer Reviews

After now owning the book myself, I have to say it is quite user/ layman unfriendly; unfortunately. I really WANTED to like the book. I have all of the author's other books, & I've had NAET treatments.... I'm definitely a fan of hers... but the layout is not at all user-friendly. It's true. You do have to flip all over the place, one after another to find what you're looking for. There's not enough of a description of how to locate the points properly. Layman's terms are not always used... but terms like this are used to find points: "mentolabial groove, mandible, condyloid, canthus.. supraorbital..." See?? WHO will know that?? With all due respect to beloved Nambudripad; I know she's always meant well; but this IS a SELF-help book, and should therefore reflect that of teaching a typical person. It's like this book is page after page of separate INDEXES, more than anything. It needs to be regrouped, reorganized, compiled, user-friendly, laymen friendly. However, I did finally find that if you mark p. 14/15, that's a very helpful spot. That is where 2 helpful spots join. 13 & 14 seem to be showing ALL the points, front & back; and 15 & on, are page after page, describing the name of each point, the location (and "how to" find it (IF you know your medical terms)- & what that point is widely used for.. many, many purposes. So, it's definitely got it's good points... but NOT user-friendly at all. You'd have to really study it, and have a lot of patience, and then still... you gotta know your medical terms or such... It SHOULD have each point, 1 per page, with a CLOSE-up, a layman's description of location, and its uses all on that 1 page. I did find such a book at the

library...

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