



Mastering Body Mechanics - 2nd Edition: Incorporating the Mind Body Connection

By Martin Morales

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This book takes the new and experienced bodyworker through a visual guide of effective, efficient, and safe body mechanic techniques. In addition, it also explores a revolutionary thought: There are psychological and physiological components of proper body mechanics. Why do we do the things we do? With respect to bodywork, our psychological need to perform has a definite physiological effect on our muscle actions and can take us down the path of improper body mechanics. This 2nd edition includes over 130 photographs showing many deep tissue and Swedish techniques along with detailed descriptions. New for the 2nd edition is a study of chair massage body mechanics.

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