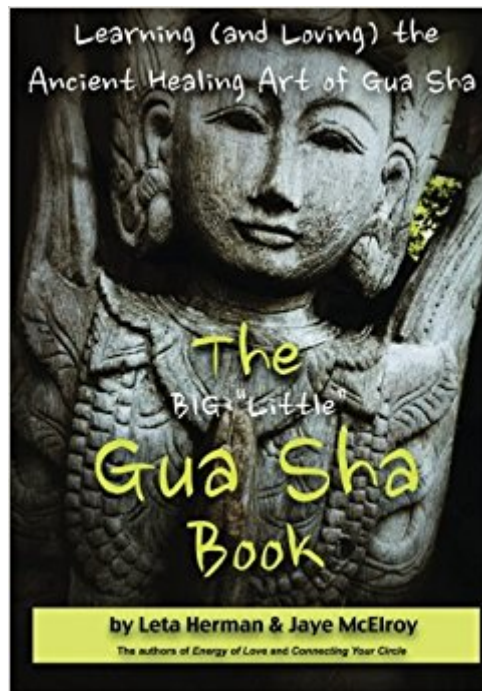




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The BIG "Little" Gua Sha Book: Learning (and Loving) The Ancient Healing Art Of Gua Sha



Synopsis

Gua Sha has been used all over the world for thousands of years to relieve aches and pains, reduce stress and tight muscles, and even to ward off the almighty common cold! This ancient technique of scraping or releasing tension and toxic energy through the surface of the skin, is simple yet effective! From the authors of *The Energy of Love and Connecting Your Circle*, comes *The BIG "Little" Gua Sha Book*. This 55-page book is packed with information and full-color photos illustrating beginner step-by-step instructions as well as advanced techniques based on Leta Herman's 15+ years of clinical experience actually performing Gua Sha on clients. Leta & Jaye are co-founders of Born Perfect® Ink, a new publishing company, dedicated to bringing the ancient arts of Chinese Medicine and healing, which includes Gua Sha, into the hands and minds of all that are interested. *The BIG "Little" Gua Sha Book* can change the way you look at healing... forever. Take healing into your own hands... literally with Gua Sha.

Book Information

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Customer Reviews

Years ago I added Gua Sha to my Acupressure practice and discovered its amazing results. I've been teaching Gua Sha workshops and realized that a book would be very helpful for both lay people (learning to do it for their families and themselves) and for practitioners. This book has inspired us to help people understand the benefits of Gua Sha and is a great companion to our on-line class, which is available on our Learn Gua Sha web site.

The BIG "Little" Gua Sha Book can change the way you look at healing...forever. Learning (and

loving) the ancient healing art of Gua Sha starts right here with this BIG "Little" book of healing. Take healing into your own hands...literally with Gua Sha. Ancient Healing for Modern Times Gua Sha has been used all over the world for thousands of years to relieve aches and pains, reduce stress and tight muscles, and even ward off the almighty common cold! This ancient healing technique of scraping or releasing tension and toxic energy through the surface of the skin, is simple yet effective! From the authors of The Energy of Love and Connecting Your Circle, ã ã comes The BIG "Little" Book of Gua Sha. Leta and Jaye are dedicated to bringing the ancient arts of Chinese Medicine and healing, which includes Gua Sha, into the hands and minds of all that are interested.

This little book reads exactly like a very nice half day continuing education workshop for massage therapists or a full day, were a practicum included. The book itself is formatted large with large type, perhaps for being able to read from a slight distance while experimenting on someone with a gua sha tool. Understanding that self publishing raises the costs of printing, I can see why this book costs as much as it does, when a book of similar heft from a major publisher would cost a great deal less. Still, the quality of the information and its very practical presentation makes up for this, in my view. This is a very good introduction to gua sha for practically anyone, not just bodywork practitioners. If gua sha is a technique you intend to use for wellness care at home, it's certainly worth the price of this friendly book, as receiving even one professional gua sha treatment can easily cost two to three times the price of the book. For practitioners, this book both establishes the credibility of the author and gives you enough to get you started at home if you're new to this technique, although obviously you'll want to add a CE course for insurance purposes, even though a child could safely learn and practice "scraping" (and many do).

Great learning book for anyone interested in Gua Sha. Easy to follow explanations and pictures.

Basic run thru.

Small book loaded with information that is very helpful to those new to Gua Sha.

Great Booklet very easy to read and understand the therapy! I would recommend it .

I enjoyed reading this book. It is easy to follow and its recommendations as well.

very informative!

The book is apt to its name; it is little in size but big on information. It provides information on the zones and direction of massage. How to scrape for specific conditions like cold, flu, etc. It gives certain do's and don'ts that are important to scraping. I definitely recommend this book to someone who is getting started and does not want to get overwhelmed with abundance of information.

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