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# The 15 Minute Neck Release: Learn How To Quickly Relieve Neck Pain And Stiffness Of A Friend Or Loved One



## Synopsis

Your Essential Guide to Releasing Neck Pain The purpose of this book is to explore and explain, in simple terms, how to do an effective neck release technique on another person in just 15 minutes. The primary benefits of doing a neck release on someone else is that it triggers a relaxation response, greatly reduces any pain related symptoms, and improves the overall function of the neck muscles, joints, and connective tissues. This book is written with the beginner in mind as well as those who are already familiar with some massage techniques. By the end of this book you will know how to:- Do 4 Simple Massage Techniques to Release the Neck- Work with Acupressure and Trigger Points- Reduce Neck, Shoulder and Back Pain Quickly- Work with the Neck Safely- Use Efficient Body Posture for Enhanced Benefits- Gain Confidence and Add Value to Your Massage Treatments - Release Stiffness in the Neck, Head and Shoulders - Help Others to Rest and Relax - and more..If you are looking for a guide that will give you some essential skills so that you can help reduce neck pain, then this is the book for you!

## Book Information

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