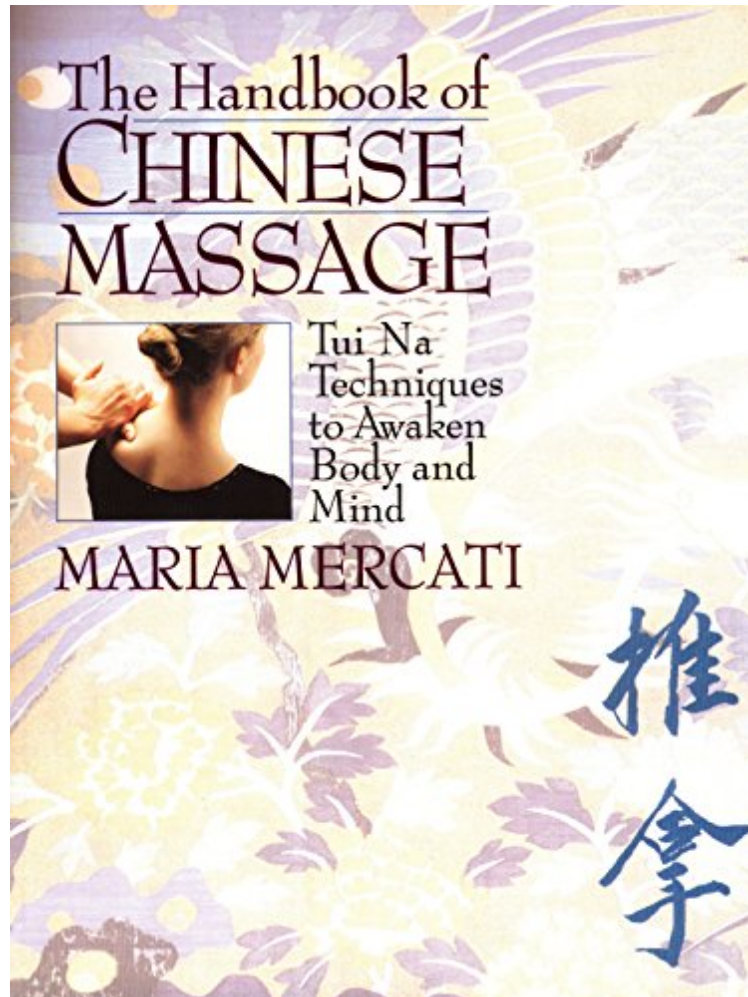


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## The Handbook of Chinese Massage: Tui Na Techniques to Awaken Body and Mind

*Maria Mercati*

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**Maria Mercati : The Handbook of Chinese Massage: Tui Na Techniques to Awaken Body and Mind** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Handbook of Chinese Massage: Tui Na Techniques to Awaken Body and Mind:

0 of 0 people found the following review helpful. This is a great book with easy to understand information and clear pictures ...By Pacific NW Guy This is a great book with easy to understand information and clear pictures of the meridians shown on actual people as the models not just a stick figure drawing. My one gripe about this book is it doesn't list the names of the points with the translated "English" name it only lists them in Chinese. I feel that the name helps you to find the location of the points easier when your trying to memorize them. I would suggest picking up a copy of "Fundamentals of Chinese Acupuncture" as a companion book to learn more about the meridians and acu-

points.0 of 0 people found the following review helpful. Good diagrams, helpful tips on pressure points. A nice beginner peek into Chinese Massage(Tui Na)By Joanna HernandezThis book was need for the Chinese Medicine portion of my Massage Therapy program. Really good diagrams in it, but we didn't follow it cover to cover. It's informative if you want a taste of Tui na, but there are better books out there.0 of 0 people found the following review helpful. Reader-friendlyBy RoseyI reference this book all the time. I call it my "Tui Na book" and feel that it presents some of the basics about Chinese medicine in a very Western-friendly format. The book is small and thin: Mercati did not try to cram 2000+ years of history into this one volume. However, my Tui Na book makes understanding the basic theories and fundamentals about the movements of Tui Na incredibly attainable. With a good hands on instructor, this book comes alive!

For the first time in the West, Chinese tui na massage techniques are brought together in an easy-to-use method for whole-body health The Handbook of Chinese Massage integrates classic Tui Na (meaning push and grasp) techniques used in the Orient for centuries into a revolutionary method for health and well-being. Traditional Chinese massage practitioners use specific individual techniques to treat a wide variety of ailments--techniques demonstrated in this book. But after years of study in China, Indonesia, and Thailand, Maria Mercati has taken these separate techniques and combined them into a whole-body treatment never before seen in East or West. Tui Na massage stimulates the flow of qi, vital energy, in healthy individuals as well as sick ones. It requires no special equipment and is simple enough to do at home or in a chair at work. The Handbook of Chinese Massage includes step-by-step instructions for each of the fifteen unique tui na techniques, many of which are unfamiliar to Western massage practitioners. More than 100 color photographs and diagrams clearly show where to place your hands on the body and where to find the key meridians.

"Methods are clearly demonstrated with outstanding photographs and illustrations. An excellent book for a massage or health practitioner to have." (Making Scents)"An excellent introduction to the complexities of applying traditional Chinese medical theory to body work and therapeutic massage." (Massage Magazine)About the AuthorMaria Mercati is Britain's leading authority on Oriental massage and the first Western woman ever to be admitted to study with Chinese masters at the famous Yue-Yand hospital of Shanghai. She is also a graduate of the Shanghai College of Traditional Medicine. She currently runs clinics in Gloucestershire and London.