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# Acupressure For Lovers Secrets Of Touch For Increasing Intimacy

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Integrative Acupressure

Healing with Pressure Point Therapy

Acupressure's Potent Points

Healing with Pressure Point Therapy

How to Release and Balance Energy Flow

BLACK BK OF MICRO ACUPUNCTURE

Acupressure for the Emotional Body

Five Element Acupuncture Made Easy

Do Gentlemen Really Prefer Blondes?

A Complete Guide to Accepted Traditions and  
Modern Practice

Sole Guidance

Simple, Effective Techniques for Massaging Away

More Than 100 Common Ailments

Acupressure for Emotional Healing

The Beginnings and Benefits of Acupuncture

Sexual Reflexology

Cultivating Female Sexual Energy

Treatment for Many Common Ailments from

Insomnia to Impotence by Using Finger Massage  
on Acupuncture Points

Finger Acupressure

Simple, Effective Techniques for Massaging Away  
More Than 100 Annoying Ailments  
Yoga Journal  
Conceiving with Love  
Greater Energy at Your Fingertips  
Acu-Yoga  
Press Here! Acupressure for Beginners  
Five Point Touch Therapy  
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Ancient Secrets of Chinese Reflexology to Heal  
the Body, Mind, Heart, and Spirit  
Acupressure and Reflexology For Dummies  
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The Healing Power of Acupressure and  
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CHINU'S NOTES ON KNOW ALTERNATE  
THERAPIES  
Second Spring

Acupressure  
For Lovers  
Secrets Of  
Touch For  
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**BENTLEY  
VAZQUEZ**

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*Integrative*

*Acupressure*  
Delta  
Features  
healing  
routines and  
illustrations to

guide you  
Ease your  
aches and find  
relief through  
the power of  
touch

Searching for alternative treatments for pain? This friendly, do-it-yourself guide introduces you to the basics and benefits of acupressure and reflexology, showing you step by step how to nurture your emotional and physical well-being and that of someone else. You'll see how to target specific body parts to address your ailments and improve your emotional as well as your physical well-being. Understand

basic healing principles  
Relieve your specific aches and pains  
Boost your immune system  
Address age-related ailments Find professional help  
Healing with Pressure Point Therapy  
Bantam  
Moves reflexology beyond the realm of foot massage and into the realm of sexuality. • Offers acupressure methods to build intimacy and heighten sexual pleasure. • Helps couples

find their sexual energy potential and physical compatibility. • Provides techniques to perform time-tested Taoist sexual-spiritual exercises. • By Mantak Chia, coauthor of The Multi-Orgasmic Man. The most powerful reflex points on the body are on the sexual organs. While the practice of reflexology is normally associated with massage of the feet, in Sexual Reflexology Mantak Chia

gives applications for using the sexual reflex points in lovemaking, transforming sexual intercourse into a form of ecstatic acupressure. By combining the classic Taoist sexual texts with modern reflexology theory, the author provides a unique opportunity for couples to practice sexual intimacy as an act of healing. Mantak Chia shows how to evaluate a person's

sexual energy potential as well as how the size and shape of the sexual organs determine a couple's compatibility. In addition to the specific ecstatic acupressure exercise instructions, he provides thoughtful commentary on ancient Taoist practices that reveal how we can all use our sexual essence to create healthy and loving relationships. Acupressure's Potent Points Perigee Trade Though

practices like acupuncture have become popular in the West over the last few decades, they have been a part of Traditional Chinese Medicine for thousands of years. Hand reflexology and acupressure are two techniques that can achieve similar results to more complicated practices like acupuncture, but can be done at home, on yourself, without any tools. This book acts as a

beginner's guide to these pressure-based practices. Through illustrations and easy-to-understand language, readers can learn a variety of useful pressure points, how to properly utilize them and daily care that can be done to address certain health concerns. Through recent studies, hand reflexology and acupressure have been shown to help with a variety

of issues, including: Nausea Stress, tension and anxiety Insomnia Headaches Chronic pain Digestive issues Muscle and joint injury The safe, reliable techniques outlined in this book are easy for anyone to master and, importantly, can be used anywhere. *Healing with Pressure Point Therapy* B Jain Publishers Pvt Limited This accessible, up-to-date resource guide leads

you through the foundations and techniques of acupressure and acupuncture. Acupressure and acupuncture can relieve painful conditions such as migraine headaches, lower back pain, joint disorders, carpal tunnel syndrome, asthma, allergies, stress, nausea, heart problems, and many others. Today, most health-care plans cover these

treatments, making them more popular than ever. Filled with insights into the history of these two age-old therapies, *The Healing Power of Acupressure and Acupuncture* helps readers choose when to see a licensed therapist, and even provides information about doing certain treatments at home. Matthew D. Bauer delves deeply into the traditions and remarkable

benefits of acupressure and acupuncture, explains the many benefits of both, describes techniques for self-treatment, and illustrates how Chinese healing can augment modern Western medicine. [How to Release and Balance Energy Flow](#) Simon and Schuster Do you happen to always be experiencing a lot of aches and pains from different parts of your

body? Still wonder on how to treat them? Back aches, and foot sores can't be good to one's health without having a proper medical checkup and visiting the doctor every day. It is essential for every one of us to maintain our health. A simple back ache, stomach ache or even a foot sore can lead to a multitude of ailments in the body. These simple back aches may lead to paralysis and

even damaged nerve cells. These simple aches is typically caused by a lot of burdens you put your body almost on a daily basis. These burdens may include sitting in a chair all day, standing in one place for a long period of time and lifting heavy objects. Almost everyone is no exemption to these pains and may strike at almost anyone. These back aches and joint pains are typical in

most adults around the mid 20's and elders who are over 70. These pains are even a much more rarer case on children. When you experience these sudden back pains, joint pains and muscle pains, it is important to have it checked to know what condition it is. And if it turns to be a severe condition, it is vital to get it treated immediately. Of course, not everyone has the luxury of getting proper medical care

and treatment. So this comes to question, what is the alternative to get these pains treated? To put an answer to that question, one alternative way on getting rid of these back pains and joint pains is through acupuncture. What exactly is acupuncture? To find that out, read further on what acupuncture really is. In this eBook, you'll be learning on what is

acupuncture, including its history, medical benefits and application. You will also be learning on how and when it is time to give yourself an acupuncture treatment yourself. Penguin Introduces the techniques of Chinese finger pressure to help lovers develop intimacy and have better sex, providing step-by-step instructions and tips on stretches, exercises, massages, and positions

that promote relaxation  
**BLACK BK OF MICRO ACUPUNCTURE** Prentice Hall Supportive, practical advice for couples who are trying to conceive. Denise Wiesner's integrative East-meets-West approach, developed over twenty years of practice, has helped thousands of couples relax, reconnect, and conceive. The stress of trying to get pregnant can wreak havoc

with a couple's intimate relationship—right at a time when that connection is most important—and the frustration and shame couples may feel can have a harmful effect and reduce their chances of conceiving. Wiesner gives couples the tools they need to repair their sexual relationship, rebuild their self-confidence, and reclaim their intimacy and desire. She includes



advice from leading experts in Western reproductive medicine and Traditional Chinese Medicine; offers sensual practices from yoga, qigong, and Tantra; and answers questions couples have about sex, intimacy, and both naturally occurring and medically assisted fertility.

*Acupressure for the Emotional Body*  
Ballantine Books  
Acupressure for Lovers Secrets

of Touch for Increasing Intimacy  
Banta m  
Five Element Acupuncture Made Easy  
Fair Winds Press  
Fear, anger, and anxiety—the side effects of life’s everyday stresses—are natural and sometimes helpful, but left unchecked they can lead to a host of debilitating ailments that are now so common we assume they are unavoidable: heart disease, arthritis, gastrointestinal problems,

depression, and more. There is good news, though: The key to a healthy life free of these conditions is to activate what Harvard Medical School instructor Dr. Eva Selhub calls the love response: a series of biochemical reactions that lower blood pressure, heart rate, respiration, and adrenaline levels, stimulating physical healing and reinstating balance and well-being. A

practical life-healing program, the first of its kind, The Love Response is the result of Dr. Selhub's years of research-and clinical practice-on how to reverse the destructive physical effects of fear and stress, and banish emotional wounds from the past. Through a simple-to-use plan of awareness, breathing, visualization, and verbal command exercises, The Love

Response reprograms your brain and changes your biochemistry from negative to positive, putting you on a path to long-term wellness and happiness. The Love Response is structured around the three essential building blocks of mental health: • social love-connecting not only in your intimate relationships but with family, friends, and pets • self-love-learning to nurture

yourself with care and tenderness (often the hardest step)  
 • spiritual love-contributing in meaningful ways to the world beyond your personal needs The Love Response provides all the tools you need to transform anger into compassion, release your fears, overcome shame, embrace self-acceptance, connect through empathy, and, ultimately, strengthen

your natural ability to heal.

**Do Gentlemen Really Prefer Blondes?**

Shambhala Publications  
This comprehensive guide shows readers how to treat common health problems using a variety of pressure point therapies: acupressure, shiatsu, reflexology, acu-yoga, and trigger-point therapy. For each condition, readers can experiment to discover which of these

methods work best for them. Forem offers therapies for more than 65 complaints from acne, arthritis, and weight control to eyestrain, headaches, and impotence. More than 50 clear illustrations show readers exactly what they need to do. A section of master drawings show the complete array of points and meridians -- the same ones used in acupuncture. Then each section offers simpler drawings

illustrating only the specific points needed for the condition being discussed. Concise instructions on pressure techniques accompany the illustrations. [A Complete Guide to Accepted Traditions and Modern Practice](#) Simon and Schuster  
Whatever your age, whatever your lifestyle, you can discover the remarkable, hands-on healing power of Finger Acupressure.

Over the centuries, the Chinese have perfected the art of locating specific pressure points that can be used to enhance the body's natural healing processes. Now, here is a book that puts these ancient insights at your fingertips. As safe and soothing as massage, Finger Acupressure offers simple, painless step-by-step processes that will help you relieve more than thirty common,

everyday aches and ailments, including abdominal pain, asthma, the common cold, headaches, hypertension, lower back pain, nervousness, toothache, and more.

**Sole Guidance**

Penguin  
Alleviate pain, release tension, increase relaxation, and improve vitality with acupressure. Fun, modern illustrations and intuitive organization combined with the expertise

of seasoned practitioner Bob Doto allow you to quickly implement this powerful wellness tool. For millennia, the Chinese have been studying the effects of applying pressure to specific points on the body to relieve ailments, from fatigue to illness and pain. Practitioner Bob Doto offers you a thorough understanding of how to use acupressure to improve your standard of life and

manage your own well-being. Acupressure for Beginners is your complete guide for learning this ancient art in a beautifully designed and accessible instructional format. The Press Here! series offers contemporary takes on traditional hands-on healing practices for a new generation of practitioners. These introductory guides feature easy-to-access organization, clear

instructions, and beautiful illustrations of each technique. Other Press Here! topics include massage, reiki, and reflexology. Simple, Effective Techniques for Massaging Away More Than 100 Common Ailments Dog Ear Publishing Acupressure is an ancient healing art which uses the fingers to press key points on the surface of the skin and stimulate the body's natural self-curative

abilities. Safe and easy to learn, with no drug-induced side effects, Acupressure gives you the potential to improve your health and increase your vitality. It includes: Simple techniques to relieve problems such as headaches, arthritis, colds, fatigue, insomnia, backache and depression; Pressure point maps and exercises to relieve pain and restore function; A 5-minute acupressure routine to

maintain health and relieve stress; A way to complement conventional medical care and take a vital role in becoming well and staying well

*Acupressure for Emotional Healing*

Bantam

Learn the functions of acupuncture points by colouring and doodling your way through the sequence of images on the twelve primary and eight extra channels. Imaginative illustrations will help

students from a wide range of schools and traditions to remember point names, with handy text providing a quick cross reference of their main functions.

The Beginnings and Benefits

of Acupuncture

Singing

Dragon

THE CHINESE

REFER TO A

WOMAN'S

MIDLIFE

transition as

her Second

Spring.

Thanks to the

simple,

natural

techniques of

traditional

Chinese

medicine, the second half of a woman's life is a flowering of feminine potential rather than a physical and mental decline. Now, Dr. Mao's revolutionary Second Spring™

program gives you time-tested, completely natural treatments to enhance energy, sexuality, and health -- and initiate your own new season of vitality starting at age thirty-five, through premenopaus

e, menopause, and beyond. Dr. Mao -- Yahoo!'s favorite natural health expert and author of the bestselling *Secrets of Longevity* -- offers proven natural solutions such as a surgery-free face-lift, Chinese herbs that fight memory loss, traditional remedies that improve libido and sex, and foods that keep your specific body type in peak form (they're not the same for everyone!). His safe,

natural practices, outlined in more than 200 tips, can eliminate the need for expensive medicines and artificial hormones. This amazing compendium of traditional wisdom is also enjoyable to read. With chapters on topics like weight, energy, brain power, beauty, and sexual health, *Second Spring* allows you to target your concerns right away. At the end you'll find handy, at-a-glance lists

addressing women's most common ailments. *Second Spring*, inspired by Dr. Mao's own mother's remarkable transformation in the second half of her life, offers an integrated lifestyle program that will help you live long, live strong, and live happy in ways that you never thought possible. [Sexual Reflexology](#) Acupressure for LoversSecrets of Touch for Increasing Intimacy

This book helps to strengthen bonds of affection and to discover the secrets of the sexual massage of the ancient Chinese Taoists. You will discover and better get to know the most erotic places on your partner's body, their erogenous zones, and the tricks that awaken their desire and predispose them to pleasure. Chinese erotic massage reunites traditional knowledge of

a millennial culture and puts within your reach all the techniques to enjoy a better sex life. You will learn: • To discover with your fingers the most sensitive parts of the body through the techniques of acupressure that favor the flow of internal energy • The most appropriate massage for every occasion to obtain the best results • How to apply the appropriate amount of

pressure during a massage • And so much more! Learn to let the energy flow through the interior of your body, quiet your mind, and feed the spirit through the caresses. Communicate with your partner and understand your desires without necessarily expressing them out loud; little by little, your sexual life will open itself to a new world full of possibilities! Cultivating Female Sexual



Energy John Wiley & Sons Sexual techniques and traditional Chinese medicine for increased pleasure • Reveals how to enhance relationships by harmonizing male and female energies • Includes easy-to-follow, illustrated acupressure massage routines • Shows how to maintain sexual health with prostate massage and jade egg exercises Taught to Chinese

emperors, their wives, and their concubines for thousands of years, Taoist sexual techniques help lovers harmonize their cycles of pleasure and utilize the abundance of reproductive power that is otherwise wasted in non-procreative sex. Combining the study of sex with traditional Chinese medicine, these practices stimulate and sustain sexual desire through the meridians

and pressure points and enhance relationships by harmonizing male (yang) and female (yin) energies. Using easy-to-follow illustrations, Taoist Foreplay guides lovers through simple acupressure massage routines connecting all the points and channels that increase pleasure and spark arousal. It shows how to prolong peak moments, maintain sexual health

through prostate massage and jade egg exercises, and sustain the intensity of first love through all the seasons of a maturing relationship. It also explains how to reveal and overcome incompatibility with the Taoist Zodiac. From foreplay to climax, these practices offer a way to keep the flame of sexual energy alive.

Treatment for Many Common Ailments from Insomnia to Impotence by Using Finger

Massage on Acupuncture Points Simon and Schuster Read Maoshing Ni's posts on the Penguin Blog. A guide to natural healing that combines the wisdom of Eastern tradition with Western medicine and nutritional science. Secrets of Self-Healing ranges from treating common ailments with healing foods and herbs to the all-round balancing of mind and body that is essential for

vitality, wellness, and longevity. In Part One, Dr. Mao explains that diet, exercise, self-awareness, a positive emotional life, living in harmony with the environment, and spiritual growth are crucial for vibrant, lasting health. He shows, for example, how simple self-assessments can help prevent disease, how negative emotions can make us ill, how clutter in our homes can create

imbalances in our bodies, and how Eastern and Western medicine can work together to fight cancer. Then, in Part Two, he reveals his favorite natural remedies for more than sixty-five common ailments, such as sore throat, dandruff, headaches, high blood pressure, sunburn, insect bites, indigestion, and jet lag. Inspirational and practical, *Secrets of Self-Healing* will put

readers on the path to a balanced and healthy life. *Finger Acupressure* Simon and Schuster Applying a modern, Western understanding of the body's structure to the traditional Chinese art of acupressure, a fully illustrated, clearly written guide teaches manual techniques for stimulating pressure points to improve physical health. Original. **Simple, Effective**

**Techniques for Massaging Away More Than 100 Annoying Ailments** Author House Increased stress and traumatic events in our lives have resulted in many millions of people who suffer from insomnia, nightmares, anxiety attacks, depression, and tension headaches. ACUPRESSURE FOR EMOTIONAL HEALING offers relief at your fingertips, quickly and

safely, for a wide range of emotional problems. It explains how emotional distress becomes lodged in the body as muscular tension and blocked energy, and shows how acupressure can relieve not just the resulting physical symptoms, but also their emotional source--often without the need for extensive talk therapy or medication. Acupressure stimulates the same points

used in acupuncture, but instead of needles, firm finger pressure is used on the surface of the skin. The pressure releases neurochemicals called endorphins that relieve pain. As in acupuncture, specific pressure points are connected with internal organs and energy pathways in the body (called meridians) that regulate the flow of electrical energy to all

systems. Unlike acupuncture, acupressure can be used safely by anyone, with only the hands as equipment. **ACUPRESSURE FOR EMOTIONAL HEALING** offers a comprehensive A-Z guide to emotional ailments (from abandonment to worry and obsessive thinking), with fully-illustrated instruction on dozens of precise acupressure point locations and how to activate them, combined with

yogic breathing, stretching, and movement routines. Case histories from the authors' practice further	illuminate each condition and the path to emotional balance and healing. Most routines can be used independently for self-care	and on-the- spot relief. There are also sections on how to use the techniques to help others, with appropriate safeguards.
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Best Sellers - Books :

- [Remarkably Bright Creatures: A Read With Jenna Pick By Shelby Van Pelt](#)
- [The Body Keeps The Score: Brain, Mind, And Body In The Healing Of Trauma By Bessel Van Der Kolk M.d.](#)
- [The Wager: A Tale Of Shipwreck, Mutiny And Murder By David Grann](#)
- [The Subtle Art Of Not Giving A F\\*ck: A Counterintuitive Approach To Living A Good Life](#)
- [Little Blue Truck's Valentine](#)
- [The Wonderful Things You Will Be](#)
- [The Ballad Of Songbirds And Snakes \(a Hunger Games Novel\) \(the Hunger Games\) By Suzanne Collins](#)
- [It's Not Summer Without You By Jenny Han](#)
- [Stop Overthinking: 23 Techniques To Relieve Stress, Stop Negative Spirals, Declutter Your Mind, And Focus On The Present \(the Path To Calm\) By Nick Trenton](#)
- [If He Had Been With Me By Laura Nowlin](#)