



## The Healing Art of Sports Massage (Paperback)

By Joan Johnson

Mindstir Media, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.With the easy-to-follow massage techniques in The Healing Art of Sports Massage, recreational athletes and pros alike can: Rub away stiffness, one muscle at a time; improve flexibility and increase circulation; recover more quickly from a pounding workout; overcome post-exertion fatigue and soreness; and bounce back after hard efforts (and achieve higher performance). Praised by Frank Shorter (Gold Medalist, 1972 Olympic Marathon) as a book destined to become a classic. Joan s book shows athletes of every kind how to perform at their peak and avoid injury.



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