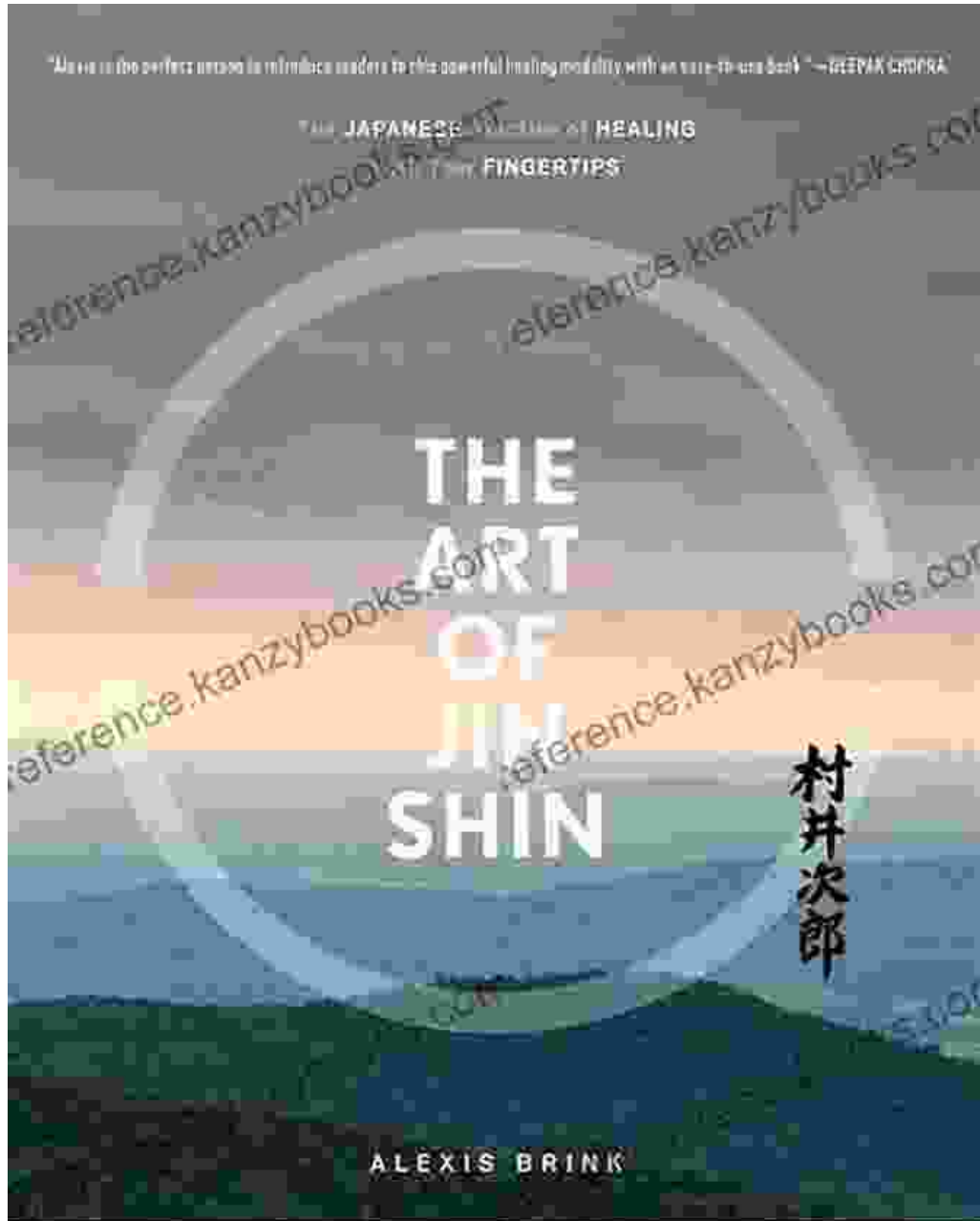


# Quick Fixes From The Art Of Jin Shin: A Must-Read for Total Body Wellness

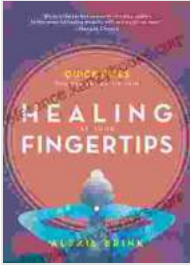


Healing at Your Fingertips: Quick Fixes from the Art of

**Jin Shin** by Alexis Brink

★★★★☆ 4.4 out of 5

Language : English



File size	: 7452 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 111 pages



## About the Book

Quick Fixes From The Art Of Jin Shin is a practical guide to the ancient Japanese healing art of Jin Shin Jyutsu. This book provides step-by-step instructions for simple hand placements that can be used to relieve pain, reduce stress, and improve overall health.

Jin Shin Jyutsu is a gentle, non-invasive therapy that can be used to treat a wide range of ailments, from headaches and back pain to anxiety and depression. It is based on the belief that the body is a self-healing organism that can be brought back into balance through the stimulation of certain energy points.

Quick Fixes From The Art Of Jin Shin is written by Mary Burmeister, a renowned Jin Shin Jyutsu practitioner and teacher. Burmeister has over 30 years of experience using Jin Shin Jyutsu to help people improve their health and well-being.

## What's Inside the Book?

Quick Fixes From The Art Of Jin Shin is divided into three parts:

- **Part 1: The Basics of Jin Shin Jyutsu**
- **Part 2: Quick Fixes for Common Ailments**
- **Part 3: Jin Shin Jyutsu for Total Body Wellness**

Part 1 provides a comprehensive overview of Jin Shin Jyutsu, including its history, philosophy, and basic principles. Part 2 provides step-by-step instructions for simple hand placements that can be used to relieve pain, reduce stress, and improve overall health. Part 3 explores how Jin Shin Jyutsu can be used to address specific health concerns, such as headaches, back pain, anxiety, and depression.

### **Who Should Read This Book?**

Quick Fixes From The Art Of Jin Shin is a valuable resource for anyone who is interested in learning more about Jin Shin Jyutsu or who is looking for natural ways to improve their health and well-being. This book is also a great choice for massage therapists, acupuncturists, and other healthcare professionals who want to add Jin Shin Jyutsu to their practice.

### **Benefits of Reading This Book**

There are many benefits to reading Quick Fixes From The Art Of Jin Shin, including:

- Learn about the ancient Japanese healing art of Jin Shin Jyutsu
- Discover how to use simple hand placements to relieve pain, reduce stress, and improve overall health
- Get step-by-step instructions for quick fixes for common ailments, such as headaches, back pain, anxiety, and depression

- Learn how to use Jin Shin Jyutsu for total body wellness

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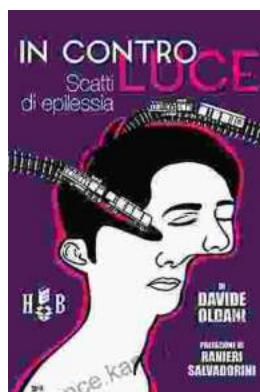
Quick Fixes From The Art Of Jin Shin is available now from your favorite bookseller. Free Download your copy today and start experiencing the benefits of Jin Shin Jyutsu for yourself!



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