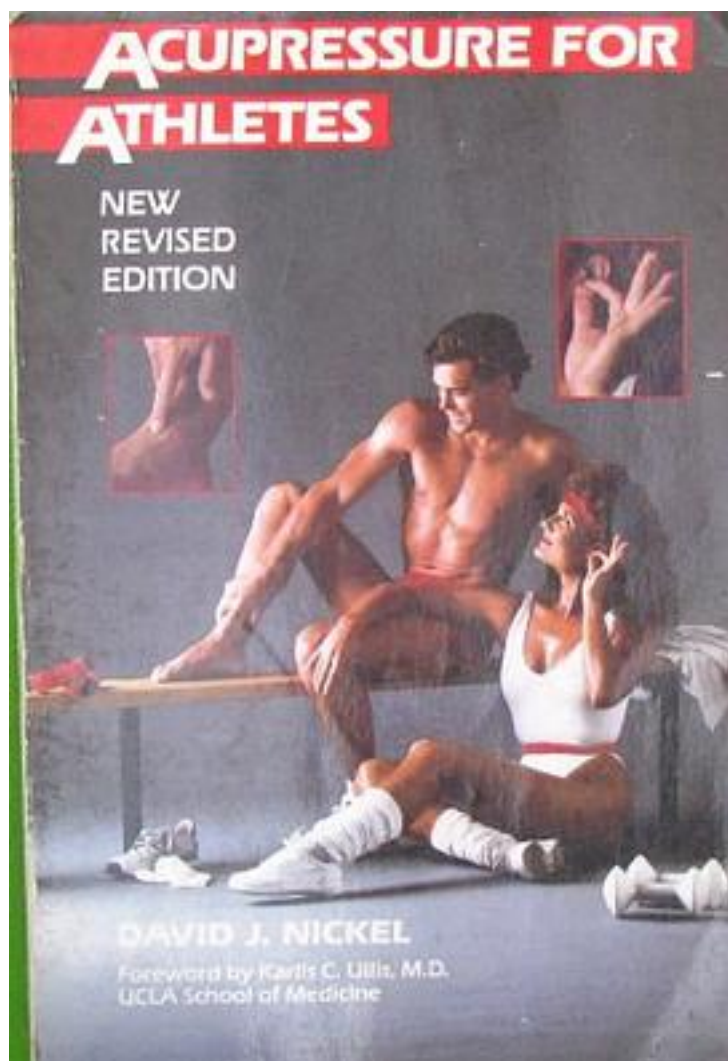


Acupressure for Athletes Owl Books



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Preface
Whether you are a weekend amateur or professional athlete, you run the risk of suffering one of the 17 million injuries per year in the United States that cost an estimated \$40 billion in medical expenses. The skillful use of acupressure can free you from useless pain and high medical costs. It can help you relax, extend your limits and reach your performance goals. With acupressure, your finger can become a powerful tool to increase your abilities as an athlete. The beauty of acupressure is that you can begin to use it immediately after an injury. It is a very safe self-help method which cannot harm you or be overdone. It costs you nothing to use and can be done anywhere and anytime you choose. For years I searched for a well-illustrated, easy-to-follow manual that would make acupressure available to athletes. Not finding one, I have written this book. The research has been a wonderful learning experience. Now I want to share the information with all who are interested in improving their health. Even though the statistics on acupuncture are extensive, the studies on acupressure are really just beginning. I encourage athletes, trainers, coaches, physicians and scientists to explore, use and document the effectiveness of acupressure. The more information becomes available, the easier it will be to chart the success of acupressure in improving performance and treating injuries. Have more fun playing--treat yourself!

作者介绍:

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