



# Career Longevity: The Bodywork Practitioner's Guide to Wellness and Body Mechanics

*Jean'e E Freeman BS AAS NCTMB LMT CFT RMT, Sandra K Anderson BA NCTMB LMT ABT*

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Avoid the injury, muscle strain, fatigue and burnout that can shorten your career as a bodywork practitioner! This easy-to-use reference develops the skills you need to foster ease of movement and decrease your chance of injury. These skills, including self-assessment, life-style choices, body awareness and mechanics, balanced posture, efficient breathing, self-care habits, and injury prevention, give you the foundation you need to ensure that you are not putting undue strain on your own body. You'll learn how to maintain proper body mechanics and how to integrate wellness, self-care, and nutrition into your practice.

A bonus DVD features video clips of the proper body mechanics for massage techniques, as well as other positions, such as lifting and transporting a massage table/chair, and using massage tools.

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