

## The Definitive Guide to Acupuncture Points: A Practical Approach Third Edition

By Chris Jarmey with Lynn Pearce

The Definitive Guide to Acupuncture Points is a must-have reference guide for anyone practicing, studying or teaching acupuncture and acupressure

Packed with clear yet comprehensive information and abundantly illustrated throughout, this newly updated and expanded edition contains substantially more information than any other book on the subject. Accessible, lively and highly practical – it's the only book you'll need!

**This book constitutes a complete acupuncture 'atlas', illustrating how to best locate and treat up to 400 acupoints throughout the body**

Divided neatly into two neat parts of 'Theory' and 'Practice', the first part of the book describes the essence of acupuncture from both a traditional Chinese and Western medical perspective with chapters on needling considerations, the principles of locating acupoints, and myotome, dermatome, viscerotome and sclerotome maps of the body. The second part then guides you methodically through acupuncture points of the 12 main channels/meridians, plus the conception and governor vessels and additional non-channel points. Almost 400 points are described in precise detail with text and colour illustrations to include location, actions, indications and contraindications for each point. Everything you need to know is presented clearly and succinctly for ease of reference.

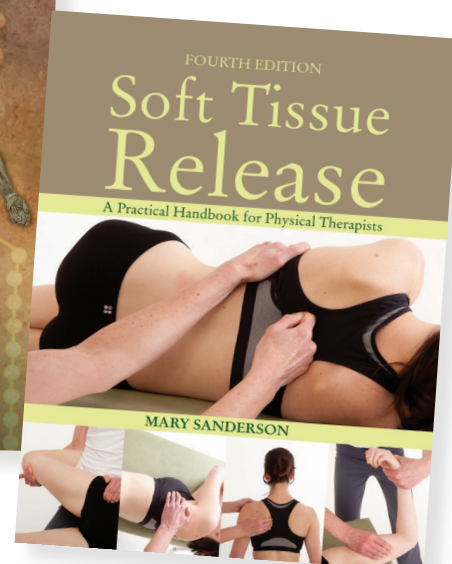
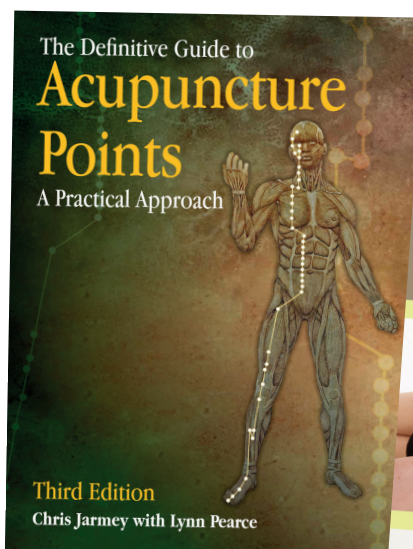
### The perfect balance of East and West

Honouring the traditional Eastern roots of acupuncture in parallel with more modern approaches of Western medicine, The Definitive Guide to Acupuncture Points is an essential resource for practitioners of all levels and backgrounds seeking to deepen their understanding of working with acupoints.

Full book review in the next issue of MW

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## Soft Tissue Release: A Practical Handbook for Physical Therapists, Fourth Edition

By Mary Sanderson

Originally published in 1998, Soft Tissue Release: A Practical Handbook for Physical Therapists was the first ever book to be written on soft tissue release and its reputation as one of the most highly respected textbooks on the subject is as strong today as it was then. Now in its fourth edition, this latest version contains the most up to date information on the role of fascia and even more comprehensive anatomical imagery to illustrate the theory and techniques involved.

Soft tissue release (STR) is an effective treatment approach designed to be easily integrated by any therapist working with pain, injury and movement dysfunction. Put simply, STR involves a 'lock and stretch' of tissue – but how exactly does it work, what is accepted as 'best practice' in terms of application, and how can it be used alongside other tools and techniques?

In this highly practical guide, Mary Sanderson shares a comprehensive range of techniques she has found to be the most beneficial during her own successful career as a physical therapist and lecturer. Detailed chapters present the pre-requisite theory of how STR works, comprehensive advice on the treatment of over 100 individual muscles and specific guidance on how to modify techniques across different settings.

Soft Tissue Release: A Practical Handbook for Physical Therapists is a complete reference guide for students embarking on clinical practice, therapists from all backgrounds wanting to understand more about pain management, or any individual wishing to harness the power of soft tissue release to treat their own pain.

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