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## Book information

**Authors:** Bernard C. Kolster

**Title:** Atlas der Akupressur

**Subtitle:** Effective Self-Help for Various Complaints

**Short text:**

Sleeping problems, a "nervous" stomach, neck tension... these are the kinds of health problems that have been on the rise in modern society in recent years. As much as many people suffer from them, these types of complaints are often taken for granted. People under stress often do not find the time or strength to take care of their endangered health. The great variety of standard medications available on the market seem to work reliably but tend to replace individual self-care. For those unwilling to take pills on a regular basis, acupressure may be the solution. This comprehensive manual presents acupressure programs especially compiled to self-treat common ailments and diseases or to support existing medical therapy. The book also provides useful information about the historical background, the possibilities and limitations of acupressure as well as its proper application.

**Categories:** [Guide Health & Medical Science, Acupuncture/Naturopathic Treatment](#)