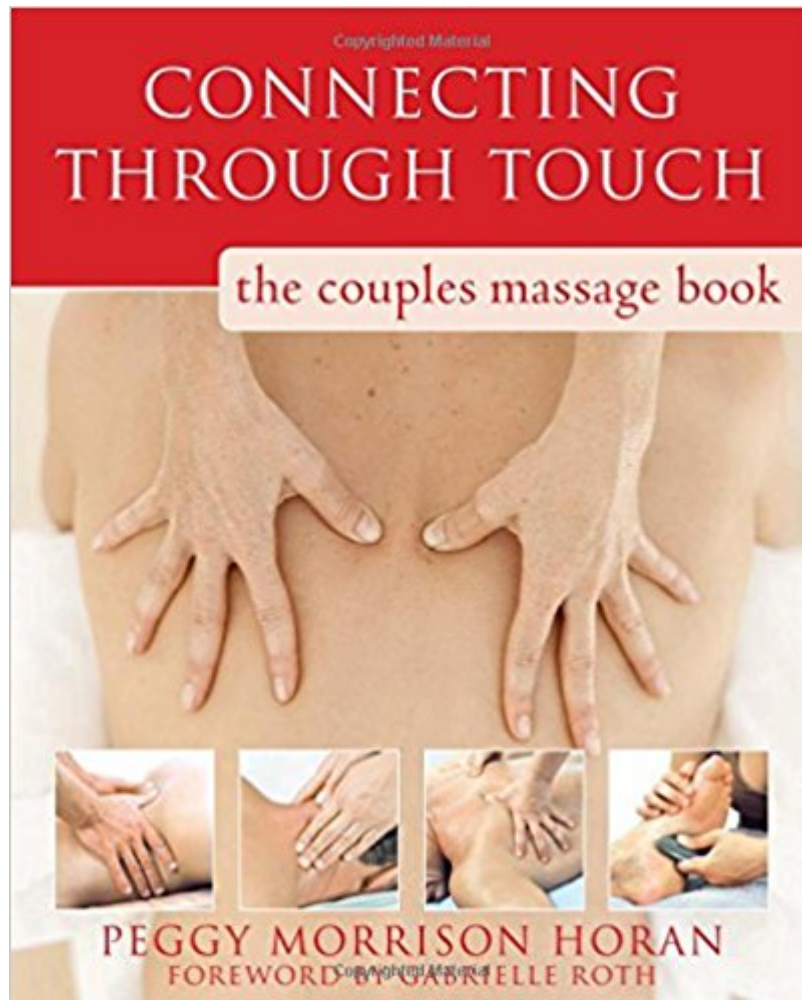




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Connecting Through Touch: The Couples' Massage Book



Synopsis

Starting with a simple setting that can easily be accomplished with few special preparations, readers will learn, step-by-step, how to make a deep and meaningful connect with their partner's body. Using a combination of strokes from the most time-honored massage traditions, they will learn to be mindful of where their partner holds stress and tension. As the massage continues, readers will enter into a profound nonverbal dialogue with their partner, learning much from the simple act of contact with another body. All of the techniques are illustrated with black-and-white photographs. Elegant and refined, this book is a perfect gift for a special someone or a friend in love.

Book Information

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Customer Reviews

"In Peggy Horan's inspired hands, Esalen massage becomes a true practice in the spiritual sense, based on intimate connections between people. Read this book for both the "how" and the deeper "why" behind the techniques, and experience the wonder for yourself." —Gordon Wheeler, Ph.D., president and CEO of the Esalen Institute and author of *Beyond Individualism: A New Perspective on Self, Relationship, and Experience* "Touch is its own, unique form of communication, which can foster genuine understanding between partners in ways that words alone cannot. For more than thirty years, I have been dazzled by Peggy Horan's extraordinary talents and sensitivities. She is truly one of the great living masters of the art of massage. In *Connecting Through Touch*, she does a superb job of capturing all of the ways in which touch can comfort, stimulate, bridge gaps, and heal. I have every confidence that this book will enrich the relationships of anyone who reads it." —Ken Dychtwald, Ph.D., author of *Bodymind*, *The Age Wave*, and *The Power*

Years“Don’t miss this sophisticated, accurate, delightful approach to bodywork.” • Jack Lee Rosenberg, DDS, Ph.D., founder and director of Integrative Body Psychotherapy in Venice, CA“For many in the Esalen Community, touch was the first door to self-discovery. In this book, Peggy Horan leads us into the wonderful world of touch. You couldn’t find a better guide.” • Christine Price, teacher at and long-time resident of the Esalen Institute“Some aspects of a relationship lie deeper than words. Peggy Horan rolls together our human needs for pleasure, communication, and well-being in this practical guide for couples massage. Couples can strengthen their partnerships as well as get rid of those achy back pains by giving each other massages with these principles in mind. Our divorce rate could plummet!” • Brita Orstrom, LMFT, a founder of the Esalen Massage School and family therapist with a background in somatic, body-based psychotherapy

From a founding member of the famous Esalen Massage program at the Esalen Institute in Big Sur, CA, this book guides couples through a sensual and restorative massage exchange. This intimate practice can enhance communication, relieve stress and tension, and to bring more joy into readers lives thorough the healing power of touch.

A good book on intimate personal massage with emphasis on the personal connection between the giver and the recipient. Written to enable a person to maximize the interpersonal connection that human touch can bring. Lots of touchy feely, lots of care, lots of feel good;;;not centered in the erotic, though easily approaching it with feelings.

I think the author is a bit kooky and a hippie, but the techniques are awesome. I love that the photos are elegant and there is NO NUDITY! I looked at dozens of couples massage books, only this one had modest photos. I just finished reading it and I’m eager to start practicing.

Great book. My wife loves the ideas here and allows me to work on getting her tension out all of time. She loves the technique that gets in between the ribs and the no talking rule. I would definitely recommend for the beginner or couple who wants to just massage without learning all of the jargon,

Book is okay, I was looking for a little more technical nuts and bolts kind of manual though. It does cover a lot of the basics, but it’s a little more personal connection oriented as opposed to straight up massage technique.

I purchased this book as a selfish Christmas gift for my husband. He doesn't mind giving me an occasional back massage or foot rub so I thought this book would be a good resource for some tips, tricks, and techniques. It has turned out to be somewhat of a waste. He briefly flipped through the pages one time and it has since been sitting on the bookshelf. Overall, the book is well written and easy to understand. The pictures are helpful. One of the chapters was a little weird when it talked about sensing each others aura for stress and tension - I'm not big into the holistic stuff, but that's just me. This book would be good if someone was genuinely interested in improving their massage techniques for their partner. Otherwise, don't expect to get more massages!

I love this book! My hubby is big on physical touch and this book helped us to connect physically in ways we hadn't before. I've given him massages in the past and they were nice but there is a lot more to giving a meaningful massage than just putting pressure in the right places. There are help (clean) photographs that help illustrate techniques. The wording is very clear to understand and they give meaning and reason to their points.

The content was great, but the print was too small and the book not the kind that would stay open, to use as a reference while giving the massage.

Excellent book. So far read about half of it and I can't wait to begin using it with my better half.

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Chakras: Pleasure Guide: Couples Healing; For Lovers (Chakra Balancing, Energy Healing, Couples Therapy, Tantric, Kama Sutra, Couples Therapy, Chakra)
Trigger Point Therapy: Stop Muscle & Joint Pain Naturally with Easy to Use Trigger Point Therapy (Myofascial Massage, Deep Tissue Massage, Foam Rolling, ... Massage) (Natural Health Solutions Book 3)
Acupressure: The Ultimate Beginners Guide To Acupressure For Health & Healing (Self Massage, Tennis Ball Massage, Pressure Points, Trigger Point Massage)
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