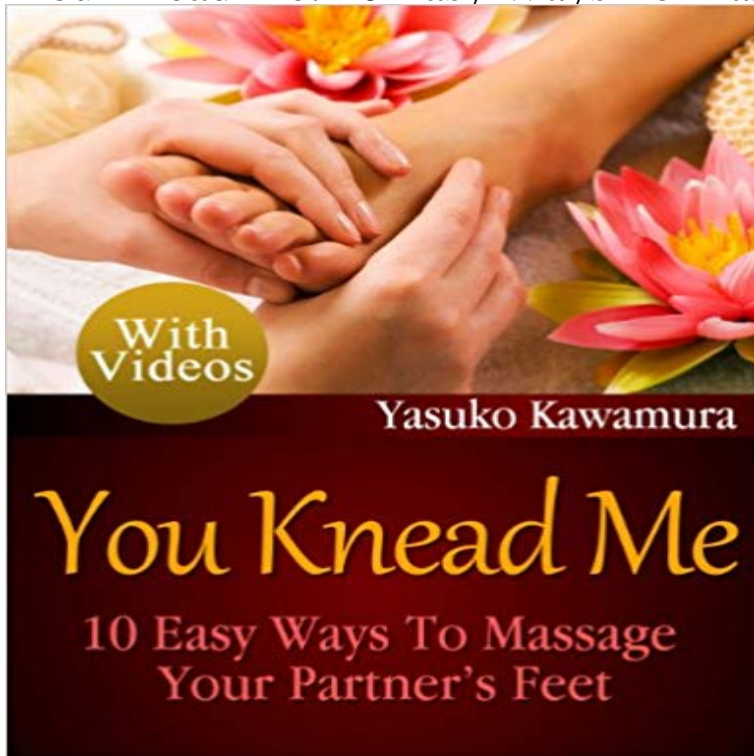


You Knead Me: 10 Easy Ways To Massage Your Partners Feet



Ah, nothing beats a good massage for relaxation, and when the person giving that massage is your partner, massage can create a bonding experience that brings you closer. However, if you're the one giving the massage, you may find the work of manipulating big muscles too tiring, and if you're the one receiving the massage, you might wish your partner had a better technique. Fortunately, there's a solution. Reflexology maps the entire body on the feet, so massaging the feet is like massaging the whole body. Because feet take such a pounding, carrying the body's entire weight, a good foot massage can transform fatigue into energy. You don't have to be a reflexologist to give a good, relaxing foot massage at home. In this second of a series of You Knead Me eBooks, readers learn 10 easy ways to enjoy the art of giving and receiving a relaxing foot massage. Offering full-color pictures and videos, this eBook shows simple-to-follow moves that provide relaxation and stress relief for the receiver while minimizing the fatigue of the giver. You will gain: A new way to communicate love through caring touch ?Improved bonding and intimacy ?A happier and healthier partner and relationship This eBook is a must for couples wanting to connect and grow in their relationship. Note: This eBook is optimized for eBook readers with internet browsing capabilities so that the instructional videos can be viewed directly from the links on the eBook. For eBook readers without internet browsing capability, a web address is provided for viewing videos on a separate device.

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