

What has Dr. Shook been reading?

*The Massage Book*

By George Downing Illustrated by Anne Kent Rush

Published by Random House

I was twelve when I first saw this book in a catalogue and ordered it. (Line drawings of naked bodies ...oh my! how scandalous). Not too long ago I reread *The Massage Book* and was amazed at how many of the fundamentals, gleaned from its earth tone pages, I use everyday in my healing practice.

This is the book I recommend to people wishing to learn more about massage and healing touch. First published in 1972, it is still available on the shelves of bookstores. Add a bottle of soothing oil, wrap it in pretty paper and you have a fabulous gift. Right from the start ... Page one ... George Downing states: "contrary to myth, massage is a healing art and not an advanced sexual technique."... So relax and let your hair down. (Unless you're worried about getting oil in it in which case tie it back). If you want to learn how to give a massage, read this book, and then practice practice practice. But read it first; don't just skip to the chapter on Massage of Lovers! A chapter that begins, "Bet you turned to this chapter right away, Huh?" then continues by instructing the reader to go back and read the book from the beginning.

The easy to follow, simply illustrated instructions will guide your massage from head to toe. Using oils ... vegetable or mineral? Using your hands ... is that too hard or too soft? Clothing on? ...Sure why not. Clothing off? ... Berkley, 1972 ...everyone was taking his or her clothes off. Will you be doing this on the floor or on a table ... What? You don't have a massage table? George Downing has provided illustrated instructions for that too.

There is a little on Meditation, Tai Chi, Reflexology and a brief anatomy lesson of bones and muscles.

There are other massage books that are prettier, shinier, and have photographs and slick pages ... but for your basic How To ...Now go have a good time... George Downing's *The Massage Book* is the best ...Well, at least I think so.

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