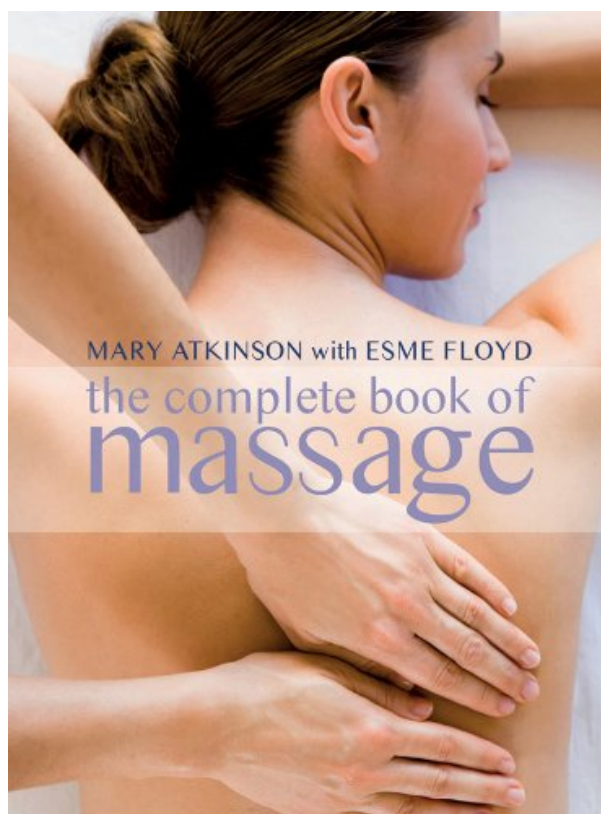
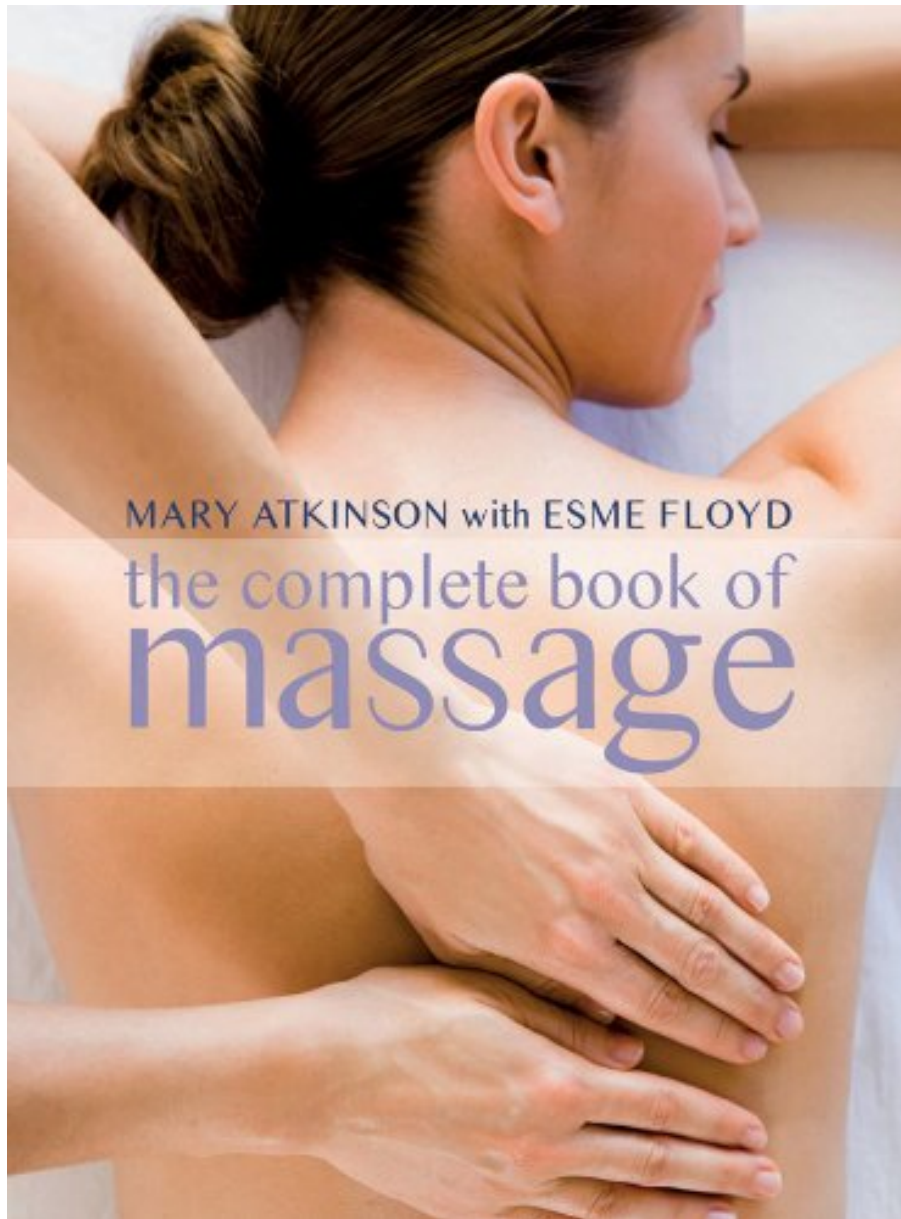


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Mary Atkinson is a complementary therapist who runs her own private clinic and accredited training school in England. A health and fitness writer for over 25 years, she is the author of over 16 books, including *Healing Touch for Children* and *A Practical Guide to Self-Massage*. Mary was the recipient of the prestigious Complementary and Alternative Medicine (CAM) Outstanding Achievement Award for 2010. She lives in Sussex, England, with her husband and two daughters. Her website is [maryatkinson.org.uk](http://maryatkinson.org.uk). Esme Floyd is a freelance writer specializing in health, science, and lifestyle subjects. She is the author of eight books, including *1001 Little Health Miracles*, *1001 Little Wellbeing Miracles*, and *1001 Home Remedies & Natural Cures*.

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- Sales Rank: #1345740 in Books
- Published on: 2012-03-06
- Original language: English
- Number of items: 1
- Dimensions: 10.50" h x 7.50" w x 1.00" l, 2.05 pounds
- Binding: Paperback
- 320 pages

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