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## Book information

**Authors:** Helga Schörgendorfer  
**Title:** Happy Hands  
**Subtitle:** Your Health lies in your Hands

**Short text:**

Acupressure with massage rings is a healing method in which the energy flow in the body is activated with the help of pressure on defined parts of the body, especially the hands and feet, to provide pain relief and promote health. In this process, the massage rings act as a reinforcement for the healing powers of touching with the hands. From a multitude of possibilities, the author has selected 13 acupressure points, which, according to her testing and many years of experience, have great potential for maintaining health. This treatment can easily be integrated into everyday life. The acupressure instructions are supplemented and rounded off by meditation exercises, the main focus of which is on hand gestures for beneficial energy control. This self-treatment guide describes the applications as briefly and clearly as possible. It also introduces a special form of acupressure and provides the visual experience of the practical exercises via videos. Acupressure tools in the form of two massage rings are also included with the book.

**Categories:** Guide Health & Medical Science, Acupuncture/Naturopathic Treatment