



# **Pain Relief Now!: How to Help Yourself Heal Using Touch, Tools & Techniques**

*Renee M. Ruiz*

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*Renee M. Ruiz*

## **Pain Relief Now!: How to Help Yourself Heal Using Touch, Tools & Techniques** Renee M. Ruiz

Imagine becoming completely pain-free without resorting to expensive medical treatments! In her groundbreaking self-help book *Pain Relief Now! How To Help Yourself Heal Using Touch, Tools & Techniques*, first-time author Renee Ruiz brings hope, optimism and promise to all those who suffer from the effects of chronic injury.

During her 20-plus years of practice as a licensed massage therapist, Renee has helped thousands of people recover from debilitating injury. With her candid and engaging writing style, the author explores the fundamentals of the same diverse array of home-based healing techniques that have guided her forward on her own path to total wellness—all in the space of this marvelous and easy-to-use reference guide.

You, too, are invited to embark on this miraculous journey toward a pain-free life!

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