

What educators and professionals are saying about The Deep Massage Book

David's gentle wisdom, attention to detail and to the potential and dimensions of loving, skillful touch, along with over 30 years of professional experience combine for a book on bodywork that is truly revolutionary. If you purchase only one hands-on book this year, make this the one. It is the most innovative book for bodyworkers in the past 30 years!

— Bob King, national educator, industry leader
Co-founder, Chicago School of Massage Therapy

An absolute masterpiece! Written by a true master of this ancient craft; and a joy to read.

*Robert Schleip PhD, Director Fascia Research Project
Ulm University, Germany*

David Lauterstein has written a profound, poetic, and enlightened book that looks at the person as a whole being, not just the sum of the body's parts. It is a reverent, beautifully written mixture of the practical and the philosophical. David uses vivid prose to weave together touch, massage, structure and energy into a book that emotionally connects us to ourselves and others. His love and respect for the human body and the human experience is evident on every page. This book is destined to become a classic in the bodywork field. Every massage therapist and bodyworker should read it.

*Dr. Ben Benjamin, founder Muscular Therapy Institute
Author, Listen to Your Pain, Ethics of Touch, Are You Tense?*

At the heart of this fine book is music. David Lauterstein—a voice of deep experience—sings the octave of the body's chakras to create a melody of deep-tissue protocols, bathed in the harmony of rich therapeutic contact, steadied by the bass tones of bodywork's place in our unfolding human story.

*Thomas Myers, Director: Kinesis
Author, Anatomy Trains and Fascial Release for Structural Balance*

The great bodywork pioneer Ida P. Rolf described her work as “a series of principles that leaves behind it a trail of techniques.” I cannot think of a better way to explain David Lauterstein’s seamless way of presenting the principles of his Deep Massage method and the precise and innovative techniques that are organically birthed from them. Part poet, part philosopher of healing, and part master clinician, David – and his new text – comprise an invaluable resource to all sincere students of bodywork and manual therapy.

*Dr. Jeff Rockwell, D.C., clinician, author, educator
Santa Cruz, CA.*

Finally, a book that explores the dimensions of touch through philosophy, psychology, structure, energy and solid technique has been published! In *The Deep Massage Book*, David dares to use a holistic approach to define deep massage through logic, careful description, and the powerful link of touch to structure and energy. This book is a welcome addition to essential bodywork literature and is a must read for all students and practitioners. Well done, David!

*Nancy Dail, BA, LMT, NCTMB
Director Downeast School of Massage
Instructor and Author, Kinesiology for Manual Therapies*

In *The Deep Massage Book*, David Lauterstein imparts a rich offering of valuable knowledge and experience. An artist both of word and touch, he delightfully informs the reader. This is an important book for every therapist and student of the healing arts, and for any person curious as to the deeper benefits of massage therapy and bodywork.

*Dr. Fritz Smith, MD, founder of Zero Balancing,
author of Inner Bridges and Alchemy of Touch*

In *The Deep Massage Book*, David Lauterstein shares decades of dedication to the art and science of massage. The book is a reflection of the energy and structure of its subject. It is inviting; it communicates with clarity and assurance; it sings its wisdom from its roots. It extends the boundaries of our knowledge, enabling us to learn, with humanity, about our humanity. This is a very different kind of massage book – but then Deep Massage is a very different kind of massage.

*Zanna Heighton, Acupuncturist and Zero Balancing faculty member
Bristol, UK*

In his new work, *The Deep Massage Book: How to Combine Structure and Energy in Bodywork*, David Lauterstein has created not only a wonderful tool for massage therapists, but also a book that will be of interest to any bodyworker, including yoga teachers. The language is both functional and poetic and the illustrations are clear and easily understood. As a yoga teacher I especially enjoyed his chapters on Movement and on Breathing.

Charles MacInerney, Co-founder, Living Yoga Teacher Training Program

David Lauterstein's *The Deep Massage Book* examines the central act of touch, providing us with a clear and useful vocabulary for it. Most books on massage are oddly reluctant to talk about touch— what it is, how it feels, why we do it, how it goes right and how it goes wrong. *Deep Massage* is exceptional: it is a massage book that talks about massage. Using its language I can describe, with fair accuracy, what succeeded and what failed in the massage I did today.

Dale Favier, LMT, author, Opening the World

In *The Deep Massage Book*, David Lauterstein gives equal weight to approach and technique in joining together structural and energetic bodywork. By emphasizing both observation and action, sensing and doing, he skillfully demonstrates that the deepest knowledge comes from bodily felt experience, not only the intellect. Blending bodymind philosophy with clear explanations of techniques and fine illustrations, *The Deep Massage Book* introduces the reader to the best of both worlds and revives the personal, growth oriented, whole person focus that energized the popularity of massage therapy in the 1970s and 80s that seems to have gotten lost in the technique and modality-bound 2000s.

*Elliot Greene - LMT, psychotherapist, author, Psychology of the Body,
former president, American Massage Therapy Association
and United States Association for Body Psychotherapy*

This is an informative educational resource that resonates with the humanity and depth of knowledge of the author— a book for enjoyment and learning.

*Leon Chaitow ND DO
Honorary Fellow, University of Westminster, London
Editor-in-Chief, Journal of Bodywork & Movement Therapies*

It's easy to appreciate *The Deep Massage Book* as David Lauterstein's compendium on his soulful, in-depth modality, but even he says, "We don't need modalities, we need each other." So I also suggest reading his text as an insightful, intimate, and often-delightful exploration of how he perceives his profession of more than three decades, makes sense of human and cellular energy, and articulates the sacred influence of human connection.

I take away from "Deep Massage" the reminder of how essential it is to be present with each other, the importance of interacting with love, and the resulting harmony that comes when we celebrate all aspects of the human experience with open hearts and minds.

Leslie A. Young, Ph.D.
Associated Bodywork & Massage Professionals/VP Communication
Massage & Bodywork Magazine/Editor-in-Chief

The young revolutionary David Lauterstein knew he could change the world, and change it he has. His visionary and tireless dedication to WAKING UP the human body, mind, and spirit has inspired generations of fellow seekers and students. *The Deep Massage Book* is the culmination of his life's work, and it is a beauty. Inspired and inspiring as always, David has put a great book into our hands and into the world. Buy it. Read it. Read it to your children. Make the world a better place.

Julie Harper Lauterstein