



# Oregon School of Massage ~ Spring 2019 Book List



## CORE CLASSES - REQUIRED TEXTS

Course	Textbook	Author	Price	ISBN#
Anatomy & Physiology - I, II & III	<i>Anatomy &amp; Physiology, 3rd ed.</i>	<i>Premkumar</i>	\$89.95	978-0-7817-5922-9
	<i>Anatomy Coloring Book, 4th ed.</i>	<i>Kapit</i>	\$24.50	978-0-321-83201-6
	<i>API - Recommended: Trail Guide to Movement</i>	<i>Biel</i>	\$45.95	978-0-9914666-2-7
Business of Massage - Introduction	<i>Business Mastery, 5th ed.</i>	<i>Sohnen-Moe</i>	\$35.00	978-188290-8059
Clinic	<i>Recommended: Save your Hands!</i>	<i>Greene &amp; Goggins</i>	\$39.95	978-0-9679549-1-2
Communication/Ethics	<i>People Skills</i>	<i>Bolton</i>	\$16.00	978-0-671-62248-0
	<i>Educated Heart 4th ed.</i>	<i>McIntosh</i>	\$62.39	978-1-4963-4731-2
Hydrotherapy	<i>Modern Hydrotherapy for the Massage Therapist</i>	<i>Sinclair</i>	\$58.00	978-0-7817-9209-7
Kinesiology Upper & Lower	<i>Trail Guide to the Body 5th ed.</i>	<i>Biel</i>	\$64.95	978-0-9829786-5-8
	<i>Recommended: Trail Guide Student Workbook, 5th ed.</i>	<i>Biel</i>	\$24.95	978-0-9829786-6-5
	<i>Recommended: Trail Guide to Movement</i>	<i>Biel</i>	\$45.95	978-0-9914666-2-7
Massage Assessment & Application	<i>Clinical Massage Therapy</i>	<i>Rattray &amp; Ludwig</i>	\$99.50	0-9698177-1-1
	<i>Recommended: Hands Heal 4th ed.</i>	<i>Thompson</i>	\$45.00	978-1609133870
Massage Fundamentals	<i>Trail Guide to the Body 5th ed.</i>	<i>Biel</i>	\$64.95	978-0-9829786-5-8
	<i>OSM Healing Massage Techniques OR</i>	<i>Pearson Custom Library</i>	\$60.00	1-323-34918-9
	<i>Tappan's Handbook of Massage Therapy, 6th ed.</i>	<i>Benjamin</i>	\$98.95	978-0-13-408269-1
Massage Theory	<i>Recommended: Discovering the Body's Wisdom</i>	<i>Knaster</i>	\$22.95	978-0-553373-271
Massage Upper and Massage Lower	<i>Trail Guide to the Body 5th ed.</i>	<i>Biel</i>	\$64.95	978-0-9829786-5-8
	<i>OSM Healing Massage Techniques OR</i>	<i>Pearson Custom Library</i>	\$60.00	1-323-34918-9
	<i>Tappan's Handbook of Massage Therapy, 6th ed.</i>	<i>Benjamin</i>	\$98.95	978-0-13-408269-1
Palpation Skills	<i>Trail Guide to the Body 5th ed.</i>	<i>Biel</i>	\$64.95	978-0-9829786-5-8
	<i>Recommended: Trail Guide to Movement</i>	<i>Biel</i>	\$45.95	978-0-9914666-2-7
Pathology I & II	<i>Massage Therapists Guide to Pathology 6th ed.</i>	<i>Werner</i>	\$84.00	978-1-4963-1082-8
Shiatsu I & II	<i>Shiatsu I &amp; II: Shiatsu Short Form Handbook</i>	<i>Cleaver</i>	\$25	N/A

**CE/ELECTIVE CLASSES - REQUIRED & RECOMMENDED TEXTS**

<b>Course</b>	<b>Textbook</b>	<b>Author</b>	<b>Price</b>	<b>ISBN#</b>
Body Mechanics for Massage Therapists	<i>Recommended: Body Mechanics and Self Care Manual</i>	<i>Dixon</i>	<i>\$57.50</i>	<i>0-8385-0747-6</i>
Breast Massage for Healthy Breasts	<i>Recommended: Breast Massage</i>	<i>Curties</i>	<i>\$49.95</i>	<i>978-0-9685-2561-6</i>
CPR	<i>Required: Basic Life Support Provider Manual</i>	<i>American Heart Association</i>	<i>\$15.00</i>	<i>978-1-61669-407-4</i>
Craniosacral Therapy Level I & II	<i>Required: Myofascial Massage</i>	<i>Dixon</i>	<i>\$58.95</i>	<i>0-7817-4832-1</i>
	<i>Recommended: Heart of Listening Vol 1</i>	<i>Milne</i>	<i>\$29.95</i>	<i>978-1556432798</i>
	<i>Recommended: Heart of Listening Vol 2</i>	<i>Milne</i>	<i>\$35.00</i>	<i>978-1556432804</i>
Injury Prevention and Treatment for LMT's	<i>Recommended: Modern Hydrotherapy for Massage Therapists</i>	<i>Sinclair</i>	<i>\$58.00</i>	<i>978-0-7817-9209-7</i>
Massage for People Living with Cancer	<i>Required: Medicine Hands</i>	<i>MacDonald</i>	<i>\$39.95</i>	<i>978-1-84409-639-8</i>
Myofascial Massage - Indirect	<i>Required: Myofascial Massage</i>	<i>Dixon</i>	<i>\$58.95</i>	<i>0-7817-4832-1</i>
	<i>Recommended: Body Mechanics and Self Care Manual</i>	<i>Dixon</i>	<i>\$57.50</i>	<i>0-8385-0747-6</i>
NMT- Intro / The Spine	<i>Required: Any Kinesology Text</i>	<i>Various</i>	<i>Various</i>	<i>Various</i>
Pediatric Massage	<i>Recommended: Pediatric Massage</i>	<i>Sinclair</i>	<i>\$39.95</i>	<i>978-1-4698-9916-9</i>
Pregnancy: Massage Fundamentals Bodywork for the New Mother	<i>Recommended: Nurturing Massage for Pregnancy</i>	<i>Stager</i>	<i>\$50.95</i>	<i>978-0-7817-6753-8</i>
Reflexology for Women's Health	<i>Recommended: Complete Reflexology for Life</i>	<i>Kunz</i>	<i>\$19.95</i>	<i>978-0-7566-5580-8</i>
Reiki Healing	<i>Recommended: Reiki</i>	<i>Miles</i>	<i>\$18.00</i>	<i>978-1-5854-2649-2</i>
Shiatsu IV	<i>Required: Shiatsu Long Form Handbook</i>	<i>Cleaver</i>	<i>\$25.00</i>	<i>N/A</i>
The Female Pelvis	<i>Recommended: The Female Pelvis</i>	<i>Calais-Germain</i>	<i>\$24.95</i>	<i>978-0-9396163-8-1</i>