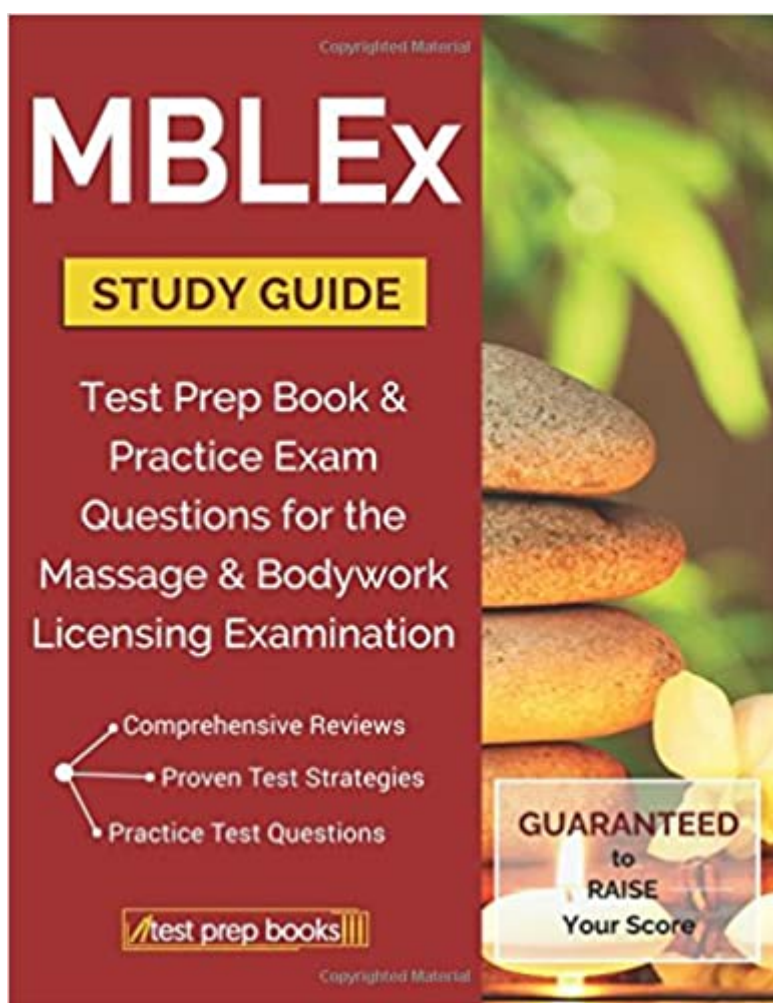


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# MBLEx Study Guide: Test Prep Book & Practice Exam Questions For The Massage And Bodywork Licensing Examination



## Synopsis

**MBLEx Study Guide: Test Prep Book & Practice Exam Questions for the Massage and Bodywork Licensing Examination** Developed for test takers trying to achieve a passing score on the MBLEx, this comprehensive study guide includes: • Quick Overview • Test-Taking Strategies • Introduction to the MBLEx • Anatomy and Physiology • Kinesiology • Pathology, Contraindications, Areas of Caution, Special Populations • Benefits and Physiological Effects of Techniques that Manipulate Soft Tissue • Client Assessment, Reassessment, and Treatment • Overview of Massage and Bodywork Modalities/Culture/History • Ethics, Boundaries, Laws & Regulations • Guidelines for Professional Practice • Practice Questions • Detailed Answer Explanations Each section of the test has a comprehensive review that goes into detail to cover all of the content likely to appear on the MBLEx. The practice test questions are each followed by detailed answer explanations. If you miss a question, it's important that you are able to understand the nature of your mistake and how to avoid making it again in the future. The answer explanations will help you to learn from your mistakes and overcome them. Understanding the latest test-taking strategies is essential to preparing you for what you will expect on the exam. A test taker has to not only understand the material that is being covered on the test, but also must be familiar with the strategies that are necessary to properly utilize the time provided and get through the test without making any avoidable errors. Anyone planning to take the MBLEx should take advantage of the review material, practice test questions, and test-taking strategies contained in this study guide.

## Book Information

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## Customer Reviews

So I've been a LMT for about two years now. One year I was not doing massage, the other year I did massage 1-2 days a week. I am good at what I do though I obviously need more experience. I'm studying for the mblex with this study guide and I would just like to say that I think EVERY massage therapist should own one of these. This is a great reference guide for all of the basics. I really feel like this will help me pass the mblex. I started studying a month before my exam date and now I have two more weeks left to review. I'll try to remember to update this review with my score.

I bought and used this book to help me study and pass the MBLEEx exam, along with a variety of other resources from AMTA, ABMP, the public library, and another similar book on . I would not have passed the exam without studying very hard and for a long time, since it had been 25 years from the time I graduated from massage school in Denver to taking the test to get a Florida massage license. I definitely found this book helpful.

I love how it gets straight to the point in a very organized manner.

Great study guide, really focuses on key points

This MBLEEx study guide is Awesome! This guide provides all the information that you need to pass the Massage & Bodywork License Exam in a clear and concise way. I found that this guide was much more affordable than similar (and older) guides on . This guide is very well written and organized. Each section is clearly labeled and has its own set of specific practice test questions and explanations of the correct answers. The utilization of charts, graphs, and visual aids within this guide were also very beneficial to me, as I got a much better idea of what I could expect to see on the actual exam. I also loved the fact that this guide came with an offer for an accompanying DVD, which I found to be extremely helpful! This guide is a must have and I'd highly recommend it to others!  
MBLEEx Study Guide: Test Prep Book & Practice Exam Questions for the Massage and Bodywork Licensing Examination

This MBLEEx study guide is terrific! This guide provides all the information that you need to pass the Massage & Bodywork Lic Exam in a clear and concise way. I found that this guide was much more affordable than similar (and older) guides on . This guide is very well organized. Each section is clearly labeled and has its own set of specific practice test questions and explanations of the correct

answers. The utilization of charts, graphs, and visual aids within this guide were also very beneficial to me, as I got a much better idea of what I could expect to see on the actual exam. I also loved the fact that this guide came with an offer for an accompanying DVD, which I found to be extremely helpful! This guide is a must have and I'd highly recommend it to others!

This book has exceptional quality! Pages are crisp and clean which make a very nice writing surface! The book provides review questions to help you during the actual test! Another great feature about this book is that it includes directions to receive a free audio book version which will help when studying! When you receive the book, the first page gives you who to contact to receive the CD! Overall, I would definitely recommend this product to my friends who are taking this test!

The MBLEEx Study Guide: Test Prep Book & Practice Exam Questions for the Massage and Bodywork Licensing Examination is the quintessential guide in helping you pass the MBLEEx. This study guide is designed to help you make the grade by including reviews, test taking strategies and practice questions. Highly recommended.

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