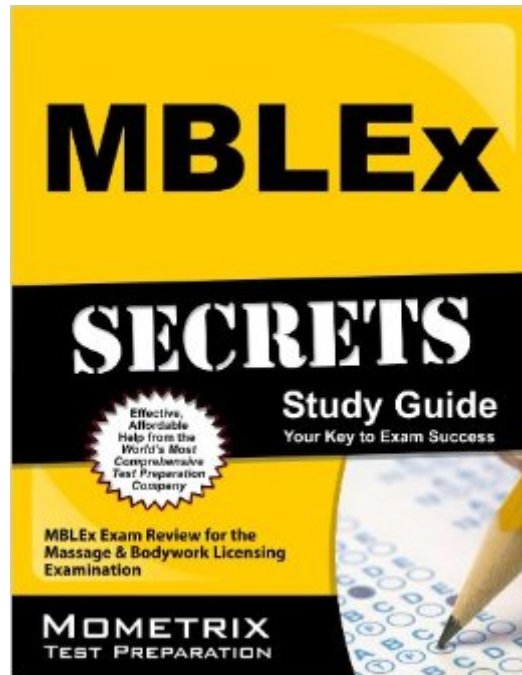


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# MBLEx Secrets Study Guide: MBLEx Exam Review For The Massage & Bodywork Licensing Examination



## Synopsis

\*\*\*Includes Practice Test Questions\*\*\* Get the test prep help you need to become a Licensed Massage Therapist. The MBLEx exam is extremely challenging and thorough test preparation is essential for success. MBLEx Secrets Study Guide is the ideal prep solution for anyone who wants to pass the MBLEx exam. Not only does it provide a comprehensive guide to the MBLEx exam as a whole, it also provides practice test questions as well as detailed explanations of each answer. MBLEx Secrets Study Guide includes: An extensive review for the Massage & Bodywork Licensing Exam A breakdown of anatomy and physiology A guide to kinesiology An analysis of pathologies and massage therapy An examination of different techniques An in-depth look at client assessment and treatment planning An overview of different business practices A breakdown of the history of massage practices Comprehensive practice questions with detailed answer explanations It's filled with the critical information you'll need in order to do well on the test the concepts, procedures, principles, and vocabulary that the Federation of State Massage Therapy Boards (FSMTB) expects you to have mastered before sitting for the exam. The Anatomy and Physiology section includes: Human organ system Brain Bones Special senses Endocrine system The Kinesiology section includes: Muscle tissue Major Muscles Facial Muscles Joints Effects of diseases on muscular system The Pathologies and Massage Therapy section includes: Common pathologies Special Populations Pharmacology Physiological effects of massage The Techniques section includes: Gliding Techniques Percussion techniques Heat and Cold applications The Client Assessment and Treatment Planning section includes: Consultation Intake forms Anterior, Posterior, and Lateral postural assessment Basic range of motion assessment Types of Massages Hydrotherapy, heat therapy, and cold treatments The Business Practices section includes: Types of businesses Safety Practices Draping Office and equipment Accountability The History of Massage Practices section includes: China, India, Japan, and Egypt 19th and 20th Century America Sweedish Massage These sections are full of specific and detailed information that will be key to passing the MBLEx exam. Concepts and principles aren't simply named or described in passing, but are explained in detail. The guide is laid out in a logical and organized fashion so that one section naturally flows from the one preceding it. Because it's written with an eye for both technical accuracy and accessibility, you will not have to worry about getting lost in dense academic language. Any test prep guide is only as good as its practice questions and answers, and that's another area where our guide stands out. Our test designers have provided scores of test questions that will prepare you for what to expect on the actual MBLEx exam. Each answer is explained in depth, in order to make the principles and reasoning behind it crystal clear. We've helped thousands of people pass standardized tests and

achieve their education and career goals. We've done this by setting high standards for our test preparation guides, and our MBLEx Secrets Study Guide is no exception. It's an excellent investment in your future.

## **Book Information**

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## **Customer Reviews**

The guide talks about secrets and the secrets truly abound in this guide. The five in-depth study secrets are essential to get over the humps of study issues. The special reports add much value for help in overcoming test anxiety and other invaluable bonus material.

This study guide is a great one to use when preparing for the MBLEx exam. It is written clearly so it's easy to understand but still provides a challenge so you don't get bored. It is filled with valuable tips to help you study better and to manage your time more wisely, something that you can apply to any situation. It also provides a practice test complete with an answer and explanation key so you get clarity on why certain answers are what they are. You need to get yourself a copy of this guide. It definitely helps you get the score you want!

This book gives a summary of what you need to know to prepare for the test. The guide is easy to read and study. This guide is broken into sections such as test taking tips, topics to study and even a full-length practice test. There is an answer key to the practice test in the back to verify answers. The answer key is very helpful because you can tell why you made this mistake not just that the answer was wrong. I received this book at a discount for my honest opinion.

You want to get your mind worked over so that you can in turn work someone's body over. You will need this information to help you be licensed and massage and bodywork. It is designed to help those who are preparing for this exam. The good thing about a study manual that is designed around a particular subject or topic means there is no endless amount of paper to stream through. This cut to chase material gives exactly what is needed, when it's needed. Firstly, there is section on the top 20 test taking tips. The guide then moves into topics for study related to this exam and this exam only. This guide is also complete a full-length practice test. The practice test is backed with an answer and explanation key. This makes the practice test much more rewarding for two reasons. Answers are not only checkable but also verifiable. In addition, these practice tests help one to envision the actual test. There's some mention of secrets associated with this guide. These are the best type of secrets because they help make the testing process a success. Unfold five different secret keys to testing success through the pages of this guide. Other features of the guide include some general strategies and special reports, one, which include bonus material. The bonus material really hones in on getting ready for the classroom, and offers great advice, tips, and tricks to jump right into massage game.

Honestly, I cannot believe this book got published. I am 10 years out of school and I have never seen so many mistakes. I am using it while waiting for I hope a better study guide, but have the laptop on, anatomy Trail Guides, and another massagetext book on anatomy open to check everything I read, and there are way too many errors and just weird descriptions. I just wanted 1 book to study that would give me a good overallreview for the test. This is not it. Don't buy it.

The general strategies outlined in this resource go a long way. They help test takers understand the logistics of test preparation by giving a clear view into what goes into preparing tests such as the MBLEx test. The practice questions are nice to have within the guide as well.

I bought this to refresh my skills and brush up on my massage and bodywork knowledge after taking some time off. I was very pleased with this book, I purchased at least ten similar books before I took the MBLEx and I wish I would've bought this one instead of all of them! Honestly it's that good, instead of skimming over countless things you don't need to know this book has everything that you do need to know. There's no unnecessary information that you'll waste precious studying time going over and this book is very well organized. Not only does it contain all testing information that you'll

need pertaining to the MBLEx but it also has actual test taking tips. These are very helpful since it's easy to get very nervous, I know I was a nervous wreck. There's also a practice test included which is written out as the MBLEx is so it's great practice. Also another great bonus is the free study skills DVD that is offered, there will be a yellow paper on the inside of your book that offers this in exchange for your honest product rating. There are so many strategies in this book that'll be very valuable to any massage therapist. I would definitely recommend this book, it'll cut your study time by half easily and it's all the information you need. I received this product for free in exchange for a honest and unbiased review.

I am a massage therapist who has taken the mblex already. This book was a nice refresher for me. It had all of the pertinent information in the beginning and the practice test questions were just like the questions on the actual test. The cover was sufficient as far as design goes. The inside was plain and pretty straight forward. There are probably other study guides that have more information and study tips but this guide is sufficient for studying for the test. I believe this study guide does prep you well in order to pass the test if you can soak in all of the information. I would recommend it. This product was purchased at a discounted rate in exchange for an unbiased review.

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