



Book List

REQUIRED TEXTBOOKS AND COSTS

Below is a list of ZMC courses and their associated required textbooks for the 900 hour Licensed Massage Therapy Program. Books and supplies are purchased by the student. It is the responsibility of the student to come to class prepared with required books and supplies. **Total Estimated Book Costs are \$462.65 at full retail value.**

1. Zion Massage College. *ZMC Modalities Manual*. Fourth Ed. St. George: Zion Massage College, 2020. Print. (\$80.00 *Purchase at ZMC)
2. Archer & Nelson, *Applied Anatomy & Physiology for Manual Therapists*. Philadelphia, PA: Lippincott Williams & Wilkins, 2013 Print * (\$77.95 *Purchase Online)
3. Archer & Nelson, *Study & Review Guide for Applied Anatomy & Physiology for Manual Therapists*. Philadelphia, PA: Lippincott Williams & Wilkins, 2013 Print * (\$34.95 *Purchase Online)
4. Trail Guide Trio (\$153.85 *Purchase Online)
 - Biel, Andrew. *Trail Guide to the Body: A Hands-on Guide to Locating Muscles, Bones and More*. Sixth Ed. Boulder, CO: Books of Discovery, 2019. Print. * (\$72.95 *Purchase Online)
 - Biel, Andrew. *Trail Guide to the Body: Student Workbook*. Sixth ed. Boulder, CO: Books of Discovery, 2019. Print. *(\$29.95 *Purchase Online)
 - Biel, Andrew. *Trail Guide to Movement: Building the Body in Motion*. Second ed. Boulder, CO: Books of Discovery, 2019. Print. *(\$50.95 *Purchase Online)
5. Werner, Ruth. *A Massage Therapist's Guide to Pathology: Critical Thinking and Practical Application*. Seventh ed. Lippincott Williams & Wilkins, 2019. Print (\$78.95 *Purchase Online)
6. Sohnen-Moe, Cherie. *Business Mastery: A Guide for Creating a Fulfilling, Thriving Practice, and Keeping It Successful*. Fifth ed., 2016. Print. (\$36.95 *Purchase Online)

Required and Recommended Supplies for School

Books and supplies are not provided by ZMC. Required items can be purchased by the student from the retailer of his/her choice. It is the responsibility of the student to come to class prepared with required books and supplies. **Total Estimated price for supplies is \$188.85.**

1. [Five twin sheet sets](#) (\$75.00 estimated price*)
2. [Two Gallons Massage Oil](#) (\$80.00 estimated price*)
3. [6 Notebooks](#) (\$8.91 estimated price*)
4. [24 Pens or Pencils](#) (\$9.94 estimated price*)
5. [3 Containers Disinfectant Wipes](#) (\$15.00 estimated price*)