



Hand and Foot Reflexology: A Self-help Guide

By Kunz, Kevin And Barbara Kunz

Prentice Hall, 1984. Paperback. Condition: New. First Edition. This specific softcover book is in new condition with a cover that has sharp edges and corners and has a tight binding. The pages are clean, crisp, unmarked and uncreased. We package all books in custom cardboard book boxes for shipment and ship daily with tracking numbers.; "Here's a revolutionary way to fine-tune your relationship with your body, reduce stress, and feel better all over: Stimulate the reflexes in your hands and feet! It's all in this hands-on encyclopedia of personal reflexology information. Here, Kevin and Barbara Kunz (authors of The Complete Guide to Foot Reflexology) bring you their unique self-health approach to wellness. Through reflexology, they teach you how to free and channel your pent-up energy -- and to prevent and correct common health problems. With more than 500 detailed instructions, this book includes: * Why your feet and hands are "important sensory organs," and their "special relationship" with your whole body. * Why reflexology works. * Specially designed pressure and movement techniques that reduce stress and actually alter the body's tension level. Fully illustrated, with step-by-step procedures, for quick and easy application! * Treatment plans for specific ailments, from acne...



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