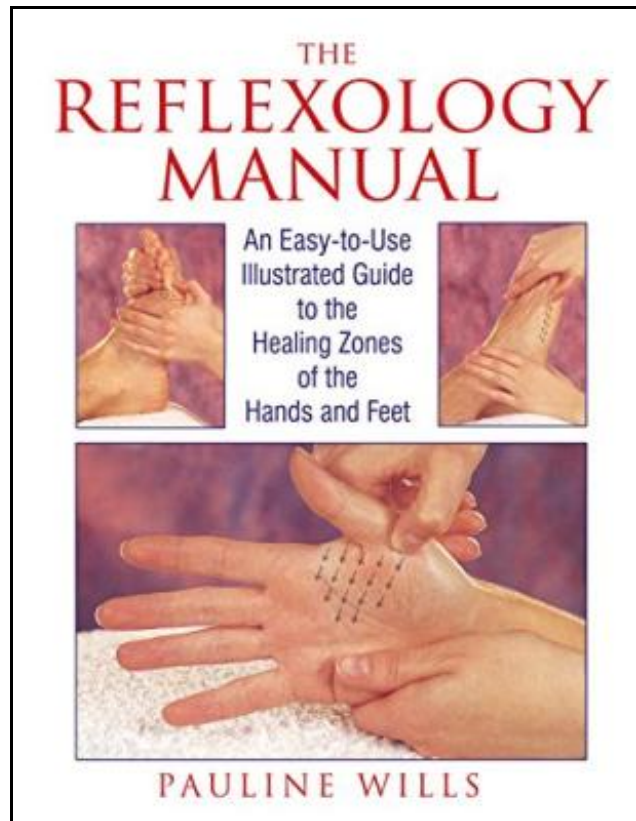


The Reflexology Manual: An Easy-to-Use Illustrated Guide to the Healing Zones of the Hands and Feet (Paperback)



Filesize: 2.89 MB


Reviews


This publication will be worth purchasing. It really is written in simple terms instead of difficult to understand. It has been designed in an exceptionally simple way and is particularly only right after I finished reading this ebook in which basically modified me, alter the way I believe.
(Prof. Loyce Runolfsson Jr.)

THE REFLEXOLOGY MANUAL: AN EASY-TO-USE ILLUSTRATED GUIDE TO THE HEALING ZONES OF THE HANDS AND FEET (PAPERBACK)



Inner Traditions Bear and Company, United States, 2001. Paperback. Condition: New. Original ed.. Language: English . Brand New Book. An ancient therapy used in China, Egypt, and India, reflexology provides effective, holistic treatment for both common and more serious disorders. According to reflexology, the hands and feet are microcosms of the body, containing points or zones that relate to individual glands, nerves, muscles, and organs. Reflexology harnesses the body's healing energy by stimulating specific pressure points on the hands and feet, alleviating the energy blocks that can cause pain or disability and restoring optimum health. In The Reflexology Manual, the practical text guides the reader in mastering these self-help techniques, and color photographs illustrate a full reflexology treatment step by step. Full-color illustrations throughout. Detailed diagrams of pressure-point zones on the hands and feet. Clear explanations of how to work with the energy meridians. Ideal for beginners as well as experienced students of reflexology.

 [Read The Reflexology Manual: An Easy-to-Use Illustrated Guide to the Healing Zones of the Hands and Feet \(Paperback\) Online](#)

 [Download PDF The Reflexology Manual: An Easy-to-Use Illustrated Guide to the Healing Zones of the Hands and Feet \(Paperback\)](#)

Other PDFs



So, You Want to Work with the Ancient and Recent Dead?: Unearthing Careers from Paleontology to Forensic Science (Be What You Want)

Aladdin 2015-10-06, 2015. Softcover. Condition: New. Softcover. Publisher overstock, may contain remainder mark on edge.

[Save Book »](#)



Why Simple Matters: Escape the Complexity Trap and Get to Work That Matters

Bibliomotion. Hardcover. Condition: New. 240 pages. Imagine what you could do with the time you spend writing emails every day. Complexity is killing companies ability to innovate and adapt, and simplicity is fast becoming the...

[Save Book »](#)



The salvage emotional - to deal with common emotional problems Practical Guide(Chinese Edition)

paperback. Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2002-03-01 Pages: 254 Publisher: Beijing Normal University Press title: Salvage emotions -...

[Save Book »](#)



So, You Want to Work in Sports? (Be What You Want Series)

Beyond Words Publishing 2014-04-01, 2014. Paperback. Condition: New. Paperback. Publisher overstock, may contain remainder mark on edge.

[Save Book »](#)



Brand new genuine] new curriculum teacher classroom skills guidance the book Editorial Board 9787501954544 China Light Industry Press(Chinese Edition)

paperback. Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2006-07-01 Pages: 302 Publisher: China Light Industry Press Information Title: The new...

[Save Book »](#)