



## The Reflexology Handbook

By Laura Norman, Thomas Cowan

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, The Reflexology Handbook, Laura Norman, Thomas Cowan, Reflexology has become one of the most popular and accessible alternative health therapies. It is based on the ancient principle that each part of the body has a direct relationship to a point that is massaged on the foot. Reflexology can be used to revitalise energy, reduce stress, and to relax and heal the body. It can bring relief from common problems such as headaches, insomnia, kidney stones, high blood pressure, menstrual cramps and excess weight in a relaxing, comfortable and easy-to-learn way. Contains over 250 easy-to-follow drawings; Provides clear descriptions of the reflex points and basic techniques; Gives a reference list of common ailments and the reflexology techniques to relieve them; Includes special advice for those with stress, sports injuries, the elderly, couples, children, women and those with addiction problems; Offers a comprehensive guide to reflexology, and will be welcomed by everyone who would like to learn how to use their hands for healing.



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