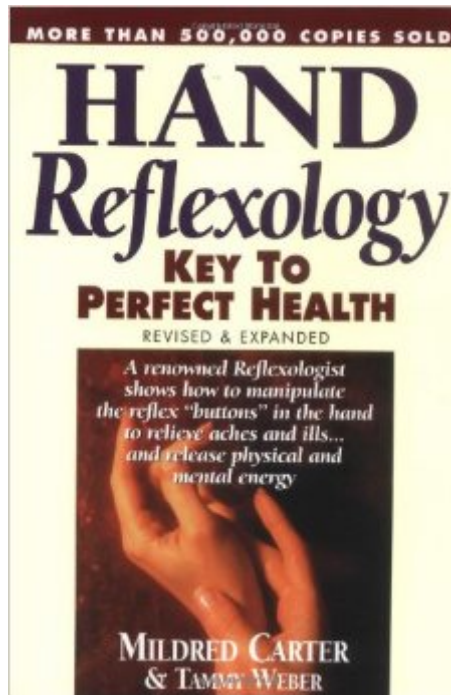


The book was found

# Hand Reflexology Revised & Expanded



## Synopsis

An introduction to hand reflexology reveals the keys to this ancient healing art and outlines the exercises that can ease pain from headaches, back pain, sciatica, ulcers, sinus problems, and other common ailments.

## Book Information

Paperback: 336 pages

Publisher: Prentice Hall Press; Revised and Expanded ed. edition (February 14, 2000)

Language: English

ISBN-10: 0735201285

ISBN-13: 978-0735201286

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (27 customer reviews)

Best Sellers Rank: #146,647 in Books (See Top 100 in Books) #100 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Acupuncture & Acupressure #146 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Massage #11227 inÂ Books > Medical Books

## Customer Reviews

I found this book to be a very good introduction to the subject of reflexology. Hand reflexology was appealing to me, because I couldn't imagine working with my feet in a self-help way. However, after reading Hand Reflexology, I was inspired to learn more about foot and body reflexology as well. Even though the book has that folksy, old-fashioned style of older self-help manuals, it does contain tons of really useful information and presents it in a clear, easy-to-read way. I've read many books on reflexology since first acquiring this one, and I still feel that this is one of the best.

Excellent book on "how to" maintain good health and relieve everything from headaches to high blood pressure! An easy read on the various zones and pressure points relative to the body's organs et cetera.

This wonderful book has given me the knowledge to stop pain in my neck that no specialist has been able to stop. Pain will try to flare back up but I use the reflex points and knock it out. My mom's arthritic hand has straightened out some and she said, my oh my, my skin has started to get softer. I have consistently worked on her hands for two weeks and she feels better and the "pain" clips from

Stirling Enterprises have worked wonders. It is very user friendly!!!!

Have been using one of Ms. Carter's book many years...this updated book is much more complete than earlier booksi prefer hand to foot reflexology--- too many ticklish feet...Bought an extra copy for my daughter also....Better living with less technology....

I ordered this book from another supplier, it was never shipped! I ordered from this supplier and it was received in record time. For natural healing this is the book! Doctor visits are rare. I am a drug free and pain free senior citizen.

This is a good reflexology book that is very clear. My wife says it helps her aches and pains. We are glad we got this. The description was very clear and accurate. The customer reviews were helpful. It was well packaged and arrived on schedule.

Excellent book with great information! Now just to put it all to good use. You can really heal yourself of some ailments using these techniques. I have a friend who using the technique to re grow her natutal hair color back and she was completely gray!

YES, --- WE and our friends have enjoyed reviewing the many books offered by our favorite on Reflexology and have found the information exceedingly interesting and helpful to US, in our quest to enhance our lives into healthier lives and also have fun times doing so. So, again, we and our friends to whom we have gifted this item or purchased direct from , have found this publication to be helpful and worth the effort. Blessings to you in all your healthy quests.

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Hand-To-Hand Combat/Special W) The games of drawing room hockey, tether ball, hand tennis, garden hockey, volley ball, basket goal, lawn hockey, wicket polo, hand polo, golf croquet, clock golf, laws of badminton Reflexology: Beginners Guide to Eliminate Pain, Lose Weight and De-Stress with Ancient Techniques Better Health with Foot Reflexology Sole Guidance: Ancient Secrets of Chinese Reflexology to Heal the Body, Mind, Heart, and Spirit Feet First: A Guide to Foot Reflexology Complete Reflexology for Life Body Reflexology: Healing at Your Fingertips Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) Beginner's Guide To Practice Reflexology: How To Reduce Pain, Relieve Stress & Anxiety, Lose Weight, Detoxify & Improve Your Sex Life Experiencing God: Knowing and Doing the Will of God, Revised and Expanded

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