

The Complete Guide to Foot Reflexology

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Abstrak

A complete, do-it-yourself, easy to understand guide to foot reflexology. Complete Guide to Foot Reflexology tells you everything you need to know to stimulate reflexes in the feet to bring about relaxation in corresponding parts of the body. It describes and illustrates, the application of fundamental reflexology techniques and shows how to combine them into an organized, highly effective plan for yourself and others. Written for both the layperson and the practicing reflexologist.