# Souls to Soles : A Self-Help Exploration of Reflexology

Rude, Paul

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# **Souls To Soles A Selfhelp Exploration Of Refloxology**

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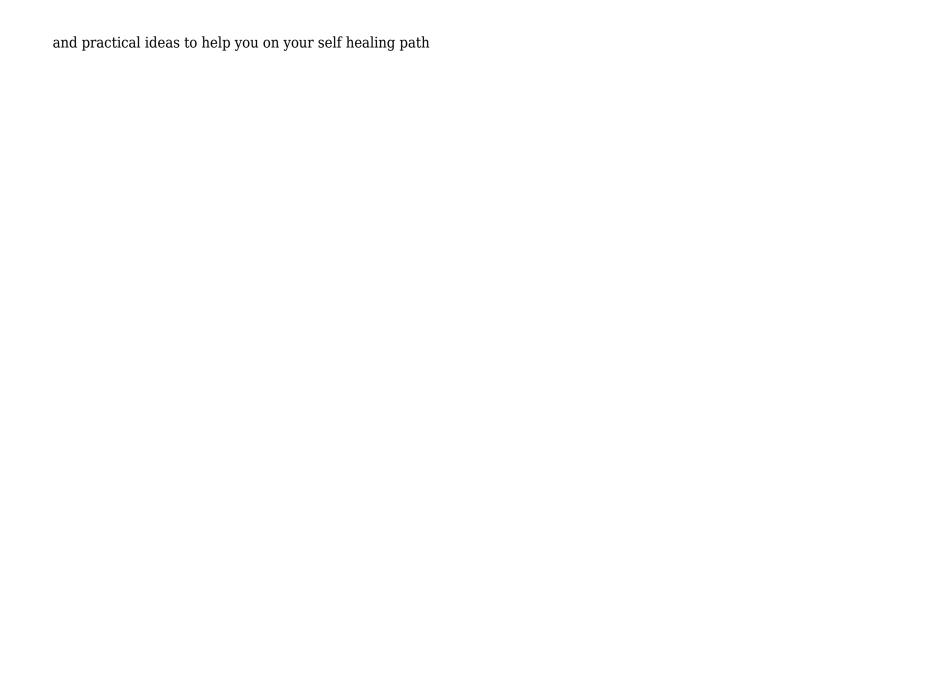
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harmony and health Holistic healer and reflexologist Holly Tse brings new light to this millennia old practice and reveals the curative power of Chinese reflexology in a friendly and contemporary way Using clear illustrations and delightful step by step instructions she ll embolden you to use this extraordinary process and take you on a journey through the three catalysts to incredible healing that encompass mind body and soul shifting the mind healing with energy and following your heart and soul Sole Guidance is a fun vibrant and easy to understand guide to complete self transformation from the inside out Learn how to hear your inner guidance connect with your Dragon Spirit discover what your body needs to heal and thrive and revolutionize your life simply by massaging your feet

Hand and Foot Reflexology Kevin Kunz, Barbara Kunz, 1984

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