



Souls to Soles : A Self-Help Exploration of Reflexology

Rude, Paul

Note: This is not the actual book cover

Souls To Soles A Selfhelp Exploration Of Reflexology

M Mosston



Souls To Soles A Selfhelp Exploration Of Reflexology:

Souls to Soles Paul Rude,1997 Reflexology is being widely accepted as a safe powerful means of reducing stresses as well as promoting vitality and well being Paul Rude masterfully captures the essence of reflexology with beautiful illustrations and clearly presents guides for using your touch effectively on the feet **Souls To Soles** Paul Rude,2005 Caring for the feet has been part of the culture of many civilization now reflexology is being widely accepted as a safe powerful means of reducing stresses promoting vitality and well being *Reiki with Gemstones* Ursula Klinger-Omenka,1997 By connecting Reiki and gemstones therapy the powers of self healing are activated in a natural manner **Spiritual Beauty Care** Jacqueline Sinnige,2003-10-15 ABOUT THE BOOK People are beginning to recognize the link between inner beauty and outer beauty This book provides an introduction to the possibilities of enhancing your natural radiance through integration of practices for inner peace calm and joy **Whitaker's Books in Print** ,1998 *Subject Guide to Books in Print* ,1991 **Medical and Health Care Books and Serials in Print** ,1997 **Forthcoming Books** Rose Army,1997 Books In Print 2004-2005 Ed Bowker Staff,Staff Bowker, Ed,2004 **The Self-Help Reflexology Handbook** Sonia Ducie,2012-05-31 Reflexology is a complementary healing technique second only to aromatherapy in popularity The feet and hands are a map of the organs of the body Reflexology can be used to relieve symptoms and as a preventative health measure It involves applying pressure to reflex points on the hands and feet each point relating to a part of the body The book explains how easy it is to use reflexology techniques every day at home without a practitioner to enhance your health and well being Part 1 illustrates basic reflexology techniques and explains how to apply them Part 2 includes easy step by step routines especially devised to help improve confidence build strength relax increase vitality enjoy better sex boost metabolism and speed up detoxification Part 3 includes 22 common health problems such as headaches toothache backache travel sickness and panic attacks and provides techniques for dealing with them Devised with everyday health in mind this book has something for everyone *Hand and Foot Reflexology* Kevin Kunz,Barbara Kunz,1984

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comprehensive guide is intended to provide you with the knowledge and skills necessary to harness the ancient art of reflexology bringing balance relaxation and improved well being into your daily life through the simple yet powerful application of pressure to specific reflex points on your feet hands and ears Reflexology Self Help Techniques Unlock the Healing Power within You is the definitive guide to incorporating reflexology s profound advantages into your daily life Whether you re a novice or have some expertise this book offers clear simple directions extensive pictures and practical ideas to help you on your self healing path *Reflexology Today - A Family Affair* Njideka N. Olatunde,1999-04-01 The
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Unveiling the Magic of Words: A Overview of "**Souls To Soles A Selfhelp Exploration Of Reflexology**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Souls To Soles A Selfhelp Exploration Of Reflexology**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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