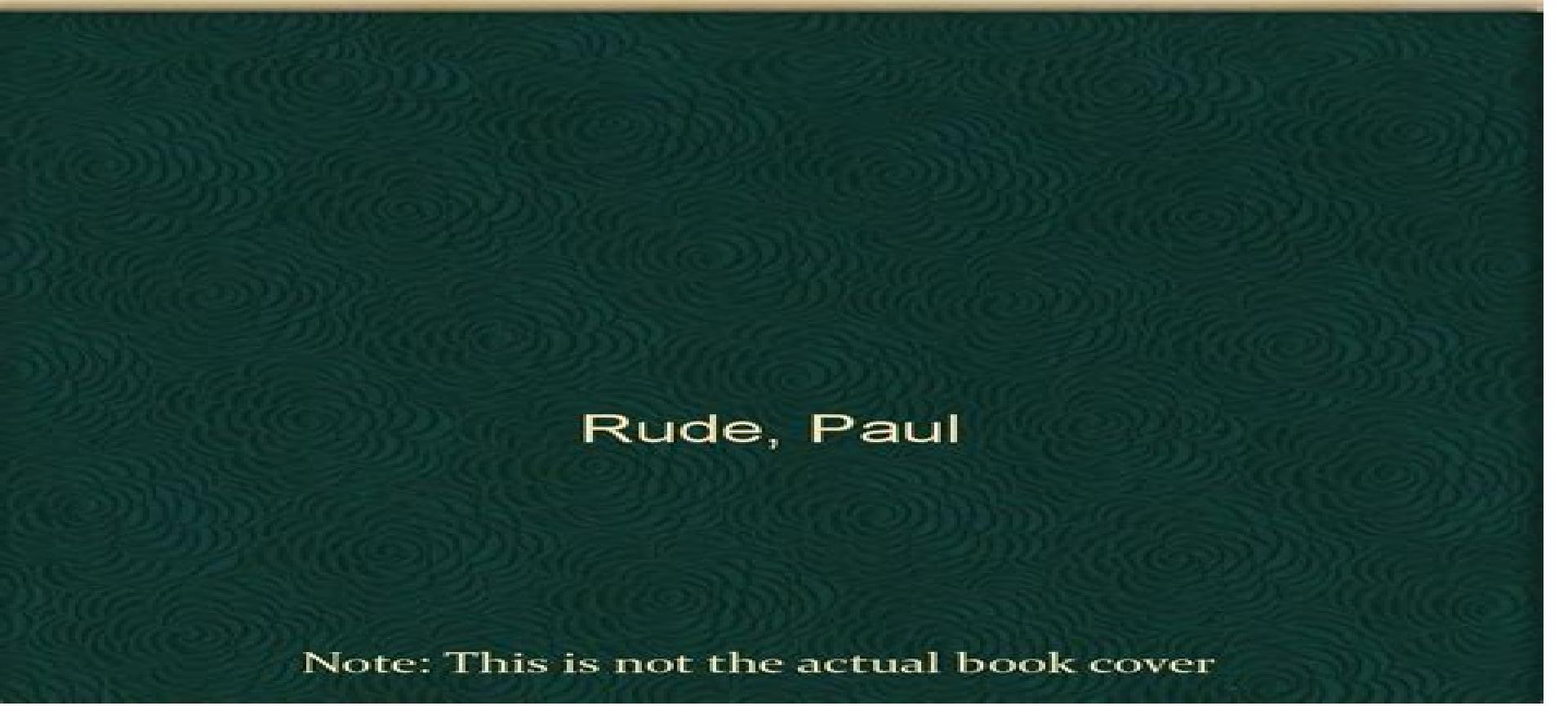




Souls to Soles : A Self-Help Exploration of Reflexology



Rude, Paul

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Souls To Soles A Selfhelp Exploration Of Reflexology

Ed Bowker Staff,Staff Bowker, Ed

Souls To Soles A Selfhelp Exploration Of Reflexology:

Souls to Soles Paul Rude,1995-03-01 **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 **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 Arny,1997 **Books In Print 2004-2005** Ed Bowker Staff,Staff Bowker, Ed,2004 Prevention ,1985 **Esquire** ,1992 NICEM Update of Nonbook Media National Information Center for Educational Media,1978 **Canadian Books in Print** ,1998 **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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Souls To Soles A Selfhelp Exploration Of Reflexology Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has never been more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Souls To Soles A Selfhelp Exploration Of Reflexology**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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