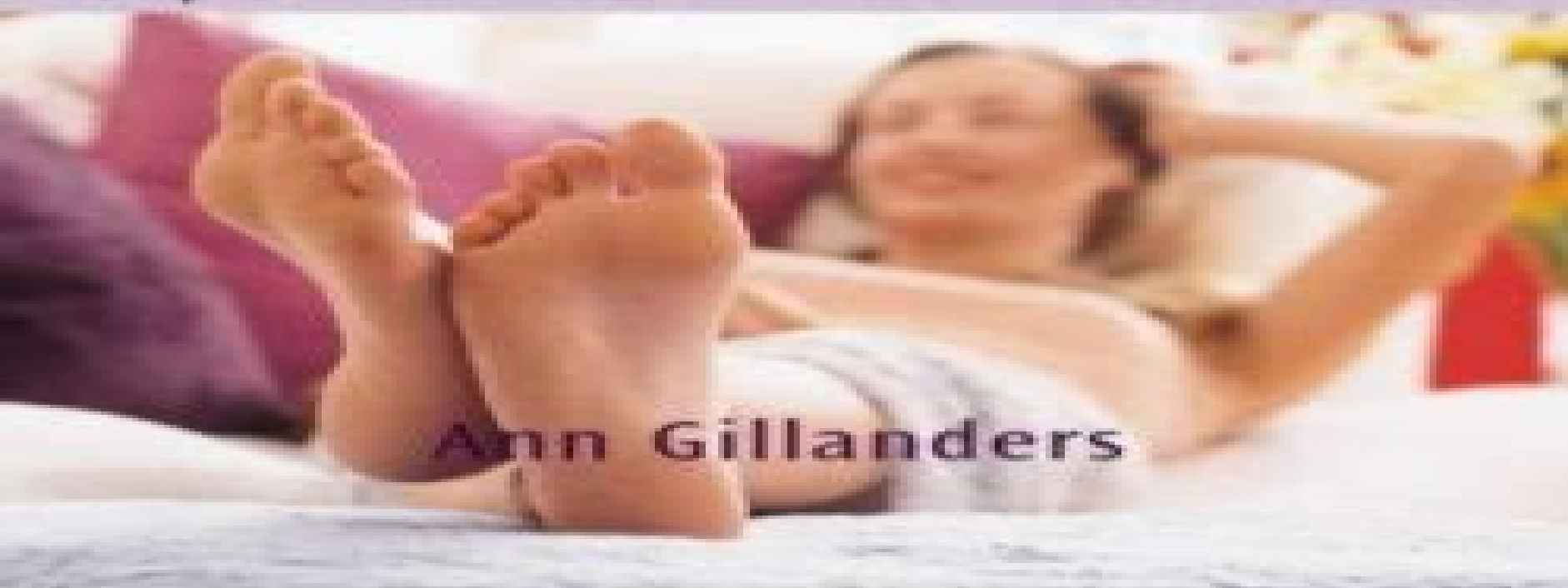




The Busy Person's Guide to

# Reflexology

Simple Treatments and Five-Minute Routines



Ann Gillanders

# The Busy Persons Guide To Reflexology Simple Treatments And Five Minute Routines

**This Is Mothership**



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Massage for Busy People Dawn Groves,2012-01-31 Do you feel stressed tired depleted Do you hold tension in certain parts of your body because of your busy lifestyle or extended time in one position such as working at your computer or sitting in a car commuting Muscle pain back spasm and a host of anxiety related disorders seem inevitable in today s overproductive world However there s a simple way to rebuild and counteract the damage inflicted by this grueling lifestyle self massage With clear instructions and 30 photographs this books describes various types of self massage techniques for relieving stress and relaxing By learning about intention and focus timing practice and a balanced approach you can maximize the benefits of quick massage and create a personal massage routine tailored to the demands of your world in just a few minutes a day You ll learn to strengthen your posture diminish aches and pains replenish your energy and target specific conditions such as headaches or stiff neck In a practical and inspiring way Massage for Busy People takes the practice of massage and

personalizes it for all environments at home at the office in the car or on a plane      **Forthcoming Books** Rose Army,2002-04      **Natural Health** ,2003      *Acupressure and Reflexology For Dummies* Synthia Andrews,Bobbi Dempsey,2007-09-04 Features healing routines and illustrations to guide you Ease your aches and find relief through the power of touch Searching for alternative treatments for pain This friendly do it yourself guide introduces you to the basics and benefits of acupressure and reflexology showing you step by step how to nurture your emotional and physical well being and that of someone else You ll see how to target specific body parts to address your ailments and improve your emotional as well as your physical well being Understand basic healing principles Relieve your specific aches and pains Boost your immune system Address age related ailments Find professional help      **Library Journal** ,2002      Subject Guide to Books in Print ,1991      **Yoga** Daren Callahan,2015-01-28 Millions of people practice some form of yoga but they often do so without a clear understanding of its history traditions and purposes This comprehensive bibliography designed to assist researchers practitioners and general readers in navigating the extensive yoga literature lists and comments upon English language yoga texts published since 1981 It includes entries for more than 2 400 scholarly as well as popular works manuals original Sanskrit source text translations conference proceedings doctoral dissertations and master s theses Entries are arranged alphabetically by author for easy access while thorough author title and subject indexes will help readers find books of interest      **50 Things You Can Do to Manage Anxiety** Wendy Green,2010-05-04 One in 20 adults in the UK will suffer from anxiety at some point in their lives Are you one of them Learn how to replace negative thoughts and behaviour with positive ones Learn assertiveness skills and boost your self esteem Discover ways to become more active to reduce stress and anxiety Find helpful organisations and products      **The British National Bibliography** Arthur James Wells,2003

**Books in Print Supplement** ,2002      **This is Beauty. This is Fashion. This is Life.** This Is Mothership,2024-05-16 Hands down the most useful guide to pull yourself out of a style rut it s the modern woman s guide to life Deborah Joseph

Editor in Chief Glamour A really useful guide to streamline life your wardrobe and to help you master the beauty basics  
 Sarah Jossel Beauty Editor Sunday Times Style Balancing a busy social life maintaining healthy friendships managing the  
 motherload focusing on family running a home and working on your career goals leaves little time for anything else Finding  
 the headspace to look and feel great while you are trying to do it all can be completely overwhelming Beauty journalist  
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 make it feel effortless This is Beauty This is Fashion This is Life will help you to simplify your daily routines and empower you  
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 hacks and down to earth relatable advice Sam and Gemma will provide you with the expert guidance and tools to feel  
 confident look stylish and find yourself again This is the only lifestyle guide you need **New York Magazine** ,1993-10-04  
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 itself as the trusted resource for readers across the country With award winning writing and photography covering  
 everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its  
 audience the energy and excitement of the city itself while celebrating New York as both a place and an idea *Uniform*  
*Trade List Annual* ,1977 **Consumer Health & Nutrition Index** ,1988 *New York* ,1993 Medical and Health Care  
Books and Serials in Print ,1987 **Medical Books and Serials in Print** ,1983 **The Busy Person's Guide to**  
**Reflexology** Ann Gillanders,2003 **Reflexology** Ann Gillanders,2002 Details quick and easy reflexology treatments to fit  
 in to any busy schedule Includes simple to follow step by step instructions and comprehensive charts mapping reflex points  
 Contains detailed hand treatments that bring immediate relief to a wide range of common ailments including headaches back  
 pain low energy levels and indigestion Includes detailed foot treatments for longer term or more serious conditions such as  
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