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Reviews

This ebook is worth acquiring. Better then never, though i am quite late in start reading this one. You will not truly feel monotony at at any time of your own time (that's what catalogues are for about if you ask me). *(Lorenz Vandervort)*

THE REFLEXOLOGY BIBLE: GODSFIELD BIBLES (PAPERBACK)



Octopus Publishing Group, United Kingdom, 2008. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. Reflexology is a safe, gentle therapy that boosts the body s healing systems and helps combat stress. This comprehensive book contains everything you need to know about the subject, including zone maps of the hands and feet, techniques for working the reflex points, advice on how to prepare for a reflexology session and a step-by-step routine to treat the whole body. With a detailed directory providing instructions to relieve common ailments, from digestive problems to skin complaints, plus specialised treatments to suit children and the elderly, this is the only guide to reflexology you II ever need.

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