



Reflexology for Beginners: Healing Through Foot Massage of Pressure Points (For Beginners (Llewellyn's))

David Vennells

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You can treat specific ailments and promote overall wellness with reflexology. This natural, time-proven healing practice is as simple as gently massaging specific areas of the foot to balance, cleanse, and renew your energy.

This friendly introductory guide includes practical advice, case histories, and illustrated, step-by-step instructions. *Reflexology for Beginners* makes it easy for anyone to immediately begin to enjoy the mental, emotional, and spiritual healing aspects of reflexology:

- Increased energy and heightened awareness
- A sense of inner peace
- Deeper intuitive wisdom
- Increased ability to deal positively with stressful situations
- A general feeling of being more whole, healthy, and happy

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